## Physical Differtations

ONTHE

## SCURVY and GOUT;

IN WHICH THE

CAUSE, NATURE, and REMEDY are more immediately attended to;

WITH

OBSERVATIONS on the BATH and other MEDICINAL WATERS;

INTERSPERSED WITH

REMARKS ON DIET, AIR, EXERCISE,

AND THE

MINERAL and VEGITABLE MEDICINES used in the Cure of those Disorders.

With a SELECTION of Sixty remarkable CURES.

DEDICATED TO THE

ROYAL COLLEGE of PHYSICIANS.

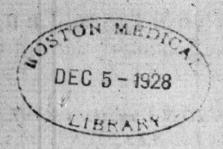
By Francis Spilsbury, Chymist,
Mount Row, near Westminster Bridge, Surry.

The SECOND EDITION, with ADDITIONS.

Judge for your selves.

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### PRESIDENT AND FELLOWS

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#### ROYAL COLLEGE of PHYSICIANS,

GENTLEMEN,

INCORPORATED as you are for the most important of all purposes, that of watching over the health of your fellow-creatures, either in removing or alleviating the various diseases to which they are constitutionally subject, apology would be altogether unnecessary in laying claim, as I now do, to the sullest extent of your patronage.

No fuch idea has, therefore, been suffered by me to insult the public character you hold. The discovery of a valuable medicine, or improvement in the art of physic, can never plead in vain for the encouragement and protection of those whose very province lies wholly comprized in the compass of so laudable a practice, and who are always too attentive to the great object of their institution, ever to neglect treating either with such distinguished marks of respect and approbation as may well accord with the principles of justice, and the duty they owe the considence of a judicious Public.

Thus impressed, it will not be wondered at that I should venture to address you with the following

sheets,

sheets, entirely unmindful as I am of the stream that weakly flows from the narrow-bounded channel of vulgar prejudice; a current much too foul, I am firmly persuaded, ever to enter the liberality of your thoughts. The investigation of physic forms a study sufficiently deep and spacious for the employment of it's professors, however numerous; nor is it at all necessary, whatever apparent recommendation it may give, that any one should have been immured within the walls of a college, as a preliminary step for becoming qualified to fathom it's inmost recesses; as well might the reputation of a practitioner be faid to depend upon the splendor of his carriage, the dimension of his stride, the gravity of his look, or the bulk of his wig! all which only ferve to give an importance, without adding in the least to his professional knowledge.

In every art, and in every science, that displays the varied capacity of enterprising man, how many have arrived to a respectable degree of merit, if not a pre-eminence, in the particular branch to which they have respectively applied, who never had it in their power to avail themselves of an university education? Of this, a long roll of names, high in same while living, and as deeply mourned when dead, might be unfolded in ample testimony. Nor were those prolific seeds ever sowed by scholastic art, or nursed in the hot-beds of a seminary, that have vegetated from the well-watered mental soil of some amongst the first of our physicians, and have afterwards yielded so abundantly to enrich the physical world.

Indeed, both example and reason corroborate so intimately in substantiating what I have here advanced, that to offer to invalidate it, even in the smallest degree, were an arrogance too gross for

your adoption. What the line brings up, and not the hand that throws it, is to be regarded. In medicinal pursuits especially, your good sense would be particularly hurt, were you thought capable of supposing it confined to any distinct class of individuals; for what elfe, permit me to alk, is the study of physic than the study of nature herself? She is the grand monitor by which the health of man is to be counselled; the touchstone of error; the unerring light of all our researches: Her precepts guide us, as benighted travellers are led by the stars of heaven through pathless wilds. And dwells Nature in Colleges alone? Away egregious pride! Her well-followed steps are traced most in the open avenues of instructive life, and those who mark her there the truest, may be the best enabled to ferve mankind.

Whether I shall be thought to have exemplified this in the instance of myself is not for me to determine: Experience is an umpire well qualified to judge, and to the decision of that I am happy in submitting. But I cannot restrain my pride from boasting, that it is to the observance of nature alone that I am to account for the knowledge I posses, and for the discovery and administration of the Drops I now beg leave to lay before you, as a most excellent specific in the cure of the Gout, the Scurvy, the Rheumatism, and their concomitant disorders.

Encouraged equally by the goodness of my intention, the efficacy of my medicine, and the general success that has long since characterized it's use, the distinction so unfairly made between what is vulgarly understood by the terms empiric and regular-bred have dissolved before me, as hillocks of envy yield to the effulgent rays of resistless truth.

Than

Than you, Gentlemen, none can know better how gently Justice need but wave her hand, to sweep down this ill-seatured notion from the pinnacle of prejudice, on which it stands: For I trust it is not within the grasp of Folly to embrace so monstrous a supposition, as that any man can be so lost to common sense, and his own immediate interest, as to set about preparing a medicine that can be of no service to society, and afterwards to vend it for a public sale that must solely depend upon the merit of it's composition, and, what is still more, it's

capacity of proving it. For the latest demonstrate and

For my own part, without digreffing to any extraneous ridicule on the great stress that some would lay upon the recommendation of a diploma, I think every man may be called a physician who is able to cure a disease, and that without committing the least offence against the nicest rules of propriety: To a certain degree he most undoubtedly is; and more than in this limitted sense I have never yet pretended to. The cause, nature, and cure of the several disorders to which my Drops are adapted, have formed the great scope of my talents, and have been the entire bent of my researches. To the relief of fuch as may fall under their attacks, the application of my skill is entirely devoted. And, perhaps, to this very circumstance it is that I am indebted for the success of my practice, and that I have the happiness to stand so high in the good opinion of the Public.

In the suggestion of a new medicine, either profit or philanthropy, or both, must have actuated; whichever it is, it matters not. If the latter, a fincere belief in the inventor of it's being able to do good, is surely not to be suspected; or, if the former, still the same end, though slowing from a

different

different principle, must be the ultimate object in view: For, after all the expence and labor inseparable from such an undertaking, and the long-continued cost and anxiety attending the various experiments necessary to be tried, in order to bring it to bear, on what can the Proprietor hope to found the expectation of a pecuniary return, but on the success of it's operation? And what can that be produced by but a demonstration of it's good qualities? In sact, what the sanction of the college may be to any one of it's members individually, is the reputation of a specific to a non-regular.

Confiderable as the charge and trouble must have been in bringing a new medicine to any tolerable degree of perfection, the Public are not quite complaifant enough to take it out of compliment to the well-meant ingenuity or good intention of the perfon, as we now and then do tavern wines, by way of encouraging young beginners; yet this, extravagant as it is, must be allowed, if it should be denied that every thing he looks for does not absolutely center in an effectual, and what is yet more, an expeditious remedy: That, indeed, is the true fun-dial of his hope, and to that one point must every ray be collected; nor has he aught to keep a patient but the actually finding himself approximating most desinably towards a cure. It is the operative virtue of the medicine itself, and not the professional word of the proprietor merely, that gives him the expectation of a recovery: And with respect to myfelf. I am not to learn that it must be the approved goodness, and nothing else, of the first bottle of my Anti-scorbutic Drops, on which I am to depend for the fale of a fecond. Than this, what can be a greater spur to merit? And the facts here adduced, are not the airy-fraught ipse-dixits of a

vain-bloated imagination: They are impervious traths, and truths with which you are too well acquainted, for them to firike you with any thing in the least resembling novelty. They appeal immediately to the understanding, and rest the issue of their cause in the convictions of the mind.

Nor is this all. - Much yet remains to be urged, equally poignant and unanswerable. Contrariis contraria curantur, is an axiom well fixed by experience on the folid base of reason. To the old and wealthy tradefman, therefore, led by age and affluence to pass the evening of life in ease and retirement, was not a young aspiring one opposed, trade and commerce would foon begin to ebb apace. The same parity of reason, and strength of argument, hold good with respect to physic. Hence, fo far is it, as some have ventured to infinuate. from being expedient to circumscribe the number of those engaged, at one and the same time, in feeking after an object of public utility, that the expedition and completeness of it's discovery must. in a great measure, depend upon it's being left open for the exercise of every one, at all qualified to join in the pursuit.

To illustrate. - Had the study of mathematics. geometry, mechanics, natural philosophy, or, in fine, any other branch of nieful knowledge, been, as the practice of physic, productive of any daily pecuniary emolument, and confined at the same time to a few select individuals, it is easy to conceive that we should still have been without many lights by which the arts and sciences are now so eminently illuminated, as well as fundry other important discoveries that now contribute largely to our fame and happiness. The street hat the

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With regard to medicines in particular, it were needless, Gentlemen, even to hint to you, how many owe their introduction into use to the skill and industry of un-colleged practitioners: To enumerate them too, would be divefting the whole materia medica of it's most effential articles. This however, I defift from, more from a tenderness I feel for you in your collective capacity, than any other motive; for, were I to enter into the detail, it would not fail showing to the world that almost every medicine made up from your respective prescriptions, though most of them disguised under different names, have been given us by empirics, as they are called, if not used at this very time by those so aspersed. But I confess myself unwilling to cast the malignancy of individuals in the face of those who, as a body corporate; cannot but condemn their conduct with the strongest mark of disapprobation.

Besides what has been already said in behalf of those under the before-going denomination, there is yet another observation in their favor, rendered the more remarkable on account of an attempt. no less absurd than malicious, to turn it to their prejudice. It is a rule with the empirics, at least in general, to attend only to the remedy of fuch disorder or disorders for which the specific, that draws them under that appellation, may be calculated for; and their practice being thus directed, during their whole lives, to the nature, symptoms, and cure of a particular disease, it stands with reason that they should be qualified to treat it with the greater ability and fuccess; as mariners are best able to navigate a vessel, and to mark the rocks, fands, and shoals that lie in the course they are

most accustomed to steer.

With

With regard to myself, I have to avail me of an additional circumstance too material to be suppressed. The great number of patients that have resorted to my Dispense ARY, having cured or relieved above three thousand since the year 1773, when it was first opened, has been the occasion of throwing into my hands a practice so extensive, as to have enabled me to observe the Sourry, Gout, and Rheumatism in all their various stages, and to have formed the truest judgment of the case, and method of cure.

Confident as this may feem to a superficial view, I trust it is neither bold nor unwarranted. The Cures annexed to the following work, I paule not to think, will uphold me in whatever I have faid; and show, in the highest strains of punegyric, that the benefit done has equalled the extent of my experience: Not, however, that I would be understood to submit them as the only vouchers thereof; numbers relieved, in the completest manner, from complaints equally fingular, both in their nature and cure, are unavoidably withheld from the Public, through motives of delicacy; while others have privileged me in announcing their case, without the liberty of mentioning either their name or abode; notwithstanding, there are, I trust, a very sufficient number of testimonies, no less extraordinary than various, that do not want these marks of authenticity: And when it is candidly confidered how many of my patients have been, from the lowness of their circumstances, in want of those requisites so necessary to aid a cure, I venture to affure myself you will not deny me the justice to think, that nothing but the intrinsic sterling merit of my Drops could have put me in possession of the many certificates I am now enabled

bled to lay before you, and which, indeed, are but

felected from a far greater number.

Upon the whole, I cannot but own an inexpressible happiness, that I have it in my power to refer the Public to such a collection of irrefragable facts; and the more so, because that mere profit was always a secondary object in my view. I thank Heaven, it yet remains to be proved, that I have ever facrificed the health of my sellow-creatures to a mercenary seeling: To serve mankind is the only ambition to which I have exposed myself; and if in the reslection of that, I can possibly derive a more pleasing sensation, it is, that I must, by such a conduct, have merited your warmest approbation and protection. In the fullest affurance of which, I am,

GENTLEMEN,

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Your most obedient,

And most devoted

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No 5, Mount Row, LAMBETH.

Humble Servant,

FRANCIS SPILSBURY.

that and as before you, and which, indeed, are best the first of the greater numbers the same Choose the select, I cannot ber ownern there or pwood remain is sound Literal Engaged sighting refer the Public to fuch a collision of material on lade; with one more to, beatle that and explored this columns is a country per units Carlack Hoosen de yet contain to be described that The gent for dieed the books of the province A mice to a merecusey feeling: To feeve that teine is the only assisting to which A fore earlied they loss It delicates a consider sets of at home I statement Life in a lacidity naturally a cost a symple of the lack a summer of the second of the lack of the lack Land & Charles All Comments of the restrict from the man line and the second section of the second section is

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## PREFACE.

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To impart whatever may conduce to the benefit of Society is the first great principle that ought to actuate an individual. To keep that shut up within the close recesses of the mind which, promulgated, might prove of general utility, betrays, at best, a most unworthy illiberality of soul. In matters of health especially, it is nothing short of cruelty itself. Every species of knowledge which may have a tendency either to remove, or alleviate, the various diseases to which mankind are liable, should be communicated as an act of duty. The natural philanthropy with which every feeling breast is fertilized, most forcibly calls on us for the amplest performance of so incumbent a service.

Influenced by these ideas, the Public will readily conceive the motive of my late publications; and that the ease and health of my fellow-creatures were the principal ends thereby aimed at. The general reading with which they have been honored, the new lights they are allowed to have thrown on the maladies they discuss, and the very flattering encomiums received from those who have since thought proper to consult me, fill me with undescribable satisfaction, and

afford the highest gratification to my wishes.

But as many material points taken up in these performances were but cursorily treated on, while many extraneous ones were introduced from causes that no longer exist, a new Essay on those very interesting subjects has been suggested to me, as a thing highly essential to the public good. Many too of the Faculty, who have been pleased to peruse my former works, and of those persons who have gratefully imputed to them the relief they have obtained, have repeatedly enforced the undertaking, and with a reasoning too strong for me to resist. To their representations I have deemed myself bound to yield; and in consequence of that acquiescence, now presume to make a farther tender of my physical researches.

In the following sheets, the cause, nature, and cure of the Scurvy and Gout are more immediately attended to, the doctrines laid down on former occafrons considerably strengthened, a variety of additional observations interspersed, and the whole digested in such a manner as to be adapted to every

understanding.

To serve the afflicted is the Author's sirst inducement; and if he should be found to have done that, even in any degree what soever, he shall have reason to rejoice at the resumption of his Pen, and in the very pleasing restection that he has not lived altogether unuseful to the WORLD.

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Superits has been suggested to me, as a thing the time of the facilities.

# Physical Differtations.

## SCURVY

The Cause, Nature, and Cure of the Disorder so denominated, explicitly investigated and pointed out, with Remarks and Observations thereon.

IN the whole catalogue of disorders incident to the human species, that of the Scurvy must be admitted by every one, whose thoughts have been turned on the subject, to stand the very foremost as to the general manner in which it attacks; and with respect to this island, where every one is, more or less, sensible of it's enmity, it may with no less propriety be called endemical as to Country, than indifcriminate with regard to Person. No mode of living, however temperate, nor situation in life, though ever so elevated, can be depended upon as any security against it; alike inimical to all, and equally unpiteous of age or fex, both rich and poor are made the common sufferers: which has occasioned the following Adage to be univerfally adopted by the inhabitants of this island, that all people are subjett to the Scurvy, or have it more or less in the blood. In some respect this supposition is true, for in the word Scurvy they comprehend all cutaneous diforders arising from a foulness in it, and therefore it means no more than that man is subject to disease and decay. Man is a most wonderful piece of mechanism, made up of innumerable parts, that constitute one body, and if any of these parts are injured, either by outward or inward accident, it is sufficient to disorder the whole; and when we consider the digestive powers of the stomach, the circulation of the blood through all the various minute

minute parts of the body, and every other of the amazing offices constantly performed by nature, without any the least intermission, we shall not wonder at the many disorders we suffer, but rather that we exist at all; for the human structure is so fabricated by Providence. that by reason of the continual wear of it's component particles, and force of external agents, it cannot always continue in the fame state, whence numerous diseases have in every age arisen, and those eruptions of the skin, termed scorbutic, are only so many efforts made by nature to throw off all humors caused by intemperance or inactivity, or produced by a fermentation of the food, and other putrid juices, detained too long in the body, for want of powers to digeft and discharge them, on account of their too bulky or unfuitable nature. Hence, the Public will not require any farther reason than may be here adduced, why I have directed my fludy to a full and fatisfactory investigation of a disease so hostile to the health of my countrymen; nor wait a reason for thus laying before them the fruits I have gathered therefrom, induced as I am, by an affectionate defire of contributing to their Ease and Comfort; and that I have, in some measure, attained thereto, is a happiness of which I cannot think of divefting myself, nor yet of suspecting that it will not be allowed me in a candid perulal of the following pages.

That the malignant disorder conveyed by the word Scurvy often proceeds from a redundancy of humors, naturally impressed on the skin, by the laws of gravity, is what I besitate not to assert, and that with a considence well founded on the amplest experience. If we take a bason with a number of small pipes, regularly varying in their dimensions, and depending on one another, we shall plainly perceive that, according to the quantity of water which may be placed in it, it will be forced through these small tubes, agreeable to the degree of pressure made. It is thus I reason with respect to the human frame. The stomach is the reservoir into which our food is taken, and from which it is conveyed through

through all the different meanders of the body, including even the smaller capillary vessels, and therefore if too great a weight of it is received, it must inevitably press and force the contained matter into the next small vessels, and they on the still smaller ones, each tube ramifying the other in proportion to that weight. Thus, if a quantity of food, greater than the stomach can bear, is forced into it, it cannot but be obvious to a moment's reslection, that the coats thereof must consequently be stretched, and rendered

unable to perform their digestive\* powers.

The effect of such violent intrusions on the prescribed bounds of nature, must be equally evident. When the stomach is thus surcharged, it's food presses on the lungs, straitens them, and deprives them of room for their accustomary vibration. Pain, inactivity, stupor, crudities, palsies, inflations, fœtid breath, restless nights, frightful dreams, weak eyes, head-achs, nervous disorders, and fevers, attended with a clammy mouth in the morning, and the tongue furred over by the steam evaporating from the stomach, as to shew the bad state it is in, sooner or later ensue, and form the fymptoms which every scorbutic patient complains of at one time or another. Nor can it posfibly afford any circumstance of wonder to a thinking mind; they are but the natural consequences of such imprudencies; and though the disease may be inconsiderable at first, the error being daily repeated, an imperfection, or relaxation of the folids, is fure to be brought on. The cutaneous absorbents having their mouths too much dilated, receive large and noxious

<sup>\*</sup> Digestion is the dissolution or separation of the aliments into such minute parts as are sit to enter the lacteal vessels, and circulate with the blood; or, it is the simple breaking of the cohesion of all the little molecula which compose the substances we feed upon. The principal agents employed in this action are, first, the saliva, the juice of the glands in the stomach, and the liquors we drink; the chief property of which is to soften the aliments, as they are sluids that easily enter the pores of most bodies, and, swelling them, readily break their most intimate cohesions.—Quincy.

particles, which prefently obstruct them; the obstruct ed matter putrefies, and is, by the more fluid state it acquires by putrefaction, conveyed into the blood through the fame abforbent veffels. When this morbid matter becomes once introduced to the blood, and. intimately mixed with it, as it is by circulation, it never fails to act as a feptic ferment to corrupt the whole mass of fluids, and, after some time, to reduce the body itself to such a situation, as to be approximating very fast towards a state of putrefaction.

This putrid difeafe, whether fcorbutio, gouty, rheumatic, scropbulous, leprous, or evilish, for they are all but different degrees of one and the fame diforder, is cured with more difficulty than other putrid difeases, because the original frame of the constitution is constantly promoting the malady, and perpetually furnishing fresh matter to feed and aggravate it, till it becomes, at last, universal, and diversified according to the afflicted person's constitution, no two having a like number of particles corrupted, nor an exact degree of putrefaction; and, as the disease advances, so the body becomes weaker and weaker, till it falls an unhappy prey to the diforder, unless timely prevented by me-

dicinal helps.

complains of according or affigure. The Scurvy may also be said to arise from many other causes. The small-pox is a disease that frequently leaves bad humors behind it, whether received in a natural way or by inoculation, but more fo by the latter mode, the reason of which cannot but be obvious to every understanding, viz. that other bad humors may be ingrafted diffinct from the finall-pox, which shew themtelves in appearance of the evil, and require the operator to be particularly careful in the person from whom he takes the matter to inoculate with; and, in order to free the blood from noxious particles, no more is thought of but a few doles of phylic; and the youngest student in it, is well apprized that purgatives can only tend to cleanse the first passages, and that they pals off without entering the blood, in which the humors lie, at least to any good effect. The eyes too.

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are frequently inflamed after the above-mentioned diforder, and in the measles, eccompanied with slight fevers and colds.\* To remedy all which, recourfe must be had to a medicine that will purify the blood.

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Scorbutic complaints arife from Surfeits. People over heating themselves in the summer, and drinking bad liquors, or gold water +; ladies dancing much, and going too haltily into the air, or a cold place; or bathing the legs and feet in cold water at an improper featon, bring on sudden eruptions on the skin, which, if neglected, become difficult to cure.

All the Passions, whether joy, forrow, love, hope, anger, fear, or terror, when carried to excess, bring on very formidable diferfes, To draw comparisons of their malignancy is neither easy nor agreeable; either of them is fufficient to make us miferable, when under their baneful influence. The two last carry in their names berror, and their quick piercing power is felt perceptible through all the fibres of the human fabric, wherever thought can penetrate, filling each chord with an inexpressible electrifying fensation, that wakens us to watch, and be on the alarm; making flurdy centinels, not only of the nerves and limbs, but also the flaxen hair must be erected, and every feature of the face strained, to compleat the facrifice to

ich brook on a decessor of infrite, Persons who struggle with a scorbutic habit of body, or a weakness of nerves, are very liable to have bad eyes; to relieve their fight they are apt to take to spectacles in early part of life, a practice which must be obviously wrong, the cause not resting on any defect in the organ of fight, but owing to some humor or fever, which being removed, the eyes recover their usual strength; and it should be considered, that when a person once falls into the

use of spectacles, he is never able to throw them aside.

<sup>†</sup> TURNER thought bad food, or beverage, to be the cause, and as a proof inflances, that one of the worlt species of the leprofy he ever faw, was a countryman who came to him for advice, but died shortly after. This unfortunate person, with about twenty more, fell ill after drinking fome ropy and bad brewed beer, which coft the greatest part of them their lives, and those that survived grew, in a few months, entirely leprous. --- A medium should be obferved in our drinks on fuch occasions, which should not be too much of the spirit so as to inflame the blood, or of the aqueous part to chill it.

those relentless furies. A fatal instance, wherein fear and terror operated together, is exemplified in the following history, recorded in the Medical Transactions:

"A man who had a leprofy in France, of which " he died, was thought by his wife to have got it by a " fright, none of the family, besides him, having ever " had any symptoms of it. Her husband, it seems, was " out a fishing on the lake of BARRA, (a sea-port town "in FRANCE) when so great a storm arose, that it was " only by the repeated flashes of lightening that he could " find his way home. On his arrival, it was a matter of " fresh concern to him, to find that his brother, who " had been fishing in the same place, in another boat, "was not also returned. The apprehensions of his " being drowned feized his mind, and drove him to a " firuation little short of despair. Unable to relieve "him from it by the force of language, he was the " next morning let blood, when his brother arrived, " and a little time after the fymptoms were feen to ap-

" pear which led to his death."

I have known feveral instances of children, whilst fucking, to break out fuddenly with pimples and blotches of a scurfy appearance on the face and body, to the great surprize of the parent, entirely owing to the nurse having received a fright, or some accident, which brings on a dejection of spirits, and injures the milk; in fuch case, the child should be immedia ely weaned, or the nurse changed: also, if the parent has had much trouble, or been frightened when with child, it will fometimes occasion the infant to break out (foon after it is born) with eruptions, and accounts why one child may be in a fickly state, and the others, in the same family, appear healthy.

GRIEF, the jaundice of the mind, is a destructive pasfion; it's root is generally deep, it's effects permanent, and too commonly of a dangerous nature. A judicious author observes that, "Among the causes of the fourty, that are wont to be derived from the inordination of the non-naturals, we may here defervedly place fadness, for it is every where observed, that men through some occasion struck with for-" row, and so remaining for a long time sad, do beoc come scorbutic; the reason of which seems to be "this: Great sadness immediately affecting the infe-" rior or bodily foul, compels inwardly both it's parts, " to wit, the fensitive and the vital, straitens their con-" stitution, inhibiting their wonted expansions, and "draws them into a leffer space; hence the animal es spirits being hindered from their due expansion, re-" mit their æconomy, wherefore the blood repeating it's "circuits in a leffer compass, is apt to be heaped up 44 about the bosom of the heart, and there to stagnate; " for this reason, when the spirits of either govern-" ment, viz. either animal or vital, are depressed, and se the blood and nervous juice begin to be altered in "their complexions, either of them by degrees losing " their vigor, turns from a generous liquor to one four " and lifeless; besides, the viscera of concoction being "denied, the wonted influx of spirits perform very " untowardly their offices; hence, from the chyle not " rightly concocted, or being depraved in it's coction, " the nutritious juice being stuffed with feculencies, "becomes vicious, and is poured on the bloody mass, "whereby it more perverts it's crass, and causes it " easily to pass into a scorbutic disposition; moreover, of for this reason, immoderate and too serious studies, "and the continual intentions of the mind, forafmuch " as from hence the spirits being depressed, the offices " of the viscera subverted, and the chief crass of "the humours altered for the worse, they often acquire " a scorbutic taint; to which we may add, that both " fad and studious persons, for the most part, lead a " folitary life; for which cause, both the blood and " nervous juice, as water wanting motion contracts "mud; is wont to be vitiated, and ready to fall into " a scorbutic corruption.

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Anger is a violent passion, and ought also to be carefully guarded against, if possible, being extremely destructive to health, by it's violent exertion of the secret springs which move our machine; wherefore it behoves every one to endeavour to obtain a resigned

philosophical

philolophical disposition as to the events of this life, which neither prudence can hinder, bravery can controul, or pulillanimity avoid coming to pals; and this temper will enable us to bear infirmities, or misfortunes, with a dignity fuitable to those ideas which a rational being entertains who looks beyond the prefent object, and must greatly alleviate misery or pain, and other inconveniences, that otherwise might prove insupportable. When the mind perceives itself bereft of Hope, what a change in the body, how quickly is that reduced from a form which we delighted in, to a dreadful monument, whose inscription is Despair! and proves it to be a mere fervile agent, who only acts as the fuperior refidentary within shall direct and animate. For no fooner is the felicity of the foul eclipsed by outward accidents, than the body is immediately convulled, and cannot help displaying the hatchment on the countenance, to inform the by-stander, forrow or rage dwells within! at the fame time neglecting all care. for it's prefervation, by being indifferent as to food for it's support; and should the pressing intreaties of friends prevail to take any, the organs of the stomach play truant, and will not dispense with it, until such times the various ftorms which have agitated the foul are hushed. And this accounts why nervous, and other fcorbutic complaints, arising from sudden frights, the lofs of friends, or other misfortunes, are very difficult to cure, owing to their absorbing the vital spirits, the very support of human nature; and thus any action of our life, that tends to weaken our faculties, must, if continued, give rife to various complaints, fuch as the Scurvy, Gout, Palsy, or instant Death itself, and which all the precaution in the power of the most fagacious can by no means prevent.

Willis, and other eminent physicians, have exclaimed against falt and dried meats, and particularly against hog's sless and fish, deeming them the cause of the leproty or scurvy, because the poor in Cornwall, especially those inhabiting near the sea-coast, were formerly much subject to leprous diseases, and had many

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hospitals \* crected on that account. This may probably be the case at sea, where people are confined, and obliged to live long on it. But if the moderate use of fuch provision on land was the occasion, we should certainly find a much greater number of husbandmen afflicted, who almost live upon bacon and hung-beef, than we do, with this disorder; and if the cause lies in the food we eat, how happens it that those have scorbutic eruptions who religiously abstain from such meats? I would not, however, be thought an advocate for them, but as they are found to agree with the constitution, which may easily be known by their digestion; for the Scurvy cannot arise from eating or drinking any particular aliments, independant of different circumstances and constitutions, with whom only fuch and fuch food will nourish: and I lay a great stress, in the cure of any complaint, on persons endeavouring to find out a regimen which is fuitable and

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In my late excursion to Connwall, remembering this remark of Dr. Willis, I was fomewhat particular in enquiring into the true state of the country, and of those hospitals he mentions. I found them an industrious, hospitable, healthy people, and by no means particularly subject to these complaints. As to the hospitals, there were formerly two built, the one at BODMIN, and the other at LAUNCESTON, called Lazar-houses. That at Bodmin is now converted into an alms-house, and that at LAUNCESTON is gone to decay. I find that, about the tenth or twelfth century, there were a great number of hospitals in this kingdom called Lazarhouses, which I presume to have been a general name for all poorhouses, and not particularly for the abode of those afflicted with the leprofy. That the poor in the country, who eat bacon, are not troubled with scorbutic complaints I do not wonder at. In the first place, bacon must be allowed a hearty food. In the second, they cannot afford much. And in the third, their exercise is usually great, and their mode of living, in general, fo regular, as in a manner to exempt them from Gout or Scurvy. Colds, fevers, or outward accidents, are the diforders they have to combat with, and why those who abstain from this food, and feed on light ones, are troubled with fcorbutic blotches, is their indulging their appetites, and their blending different forts together at one meal. In fine, food, however light of digestion it may be, if too much is taken of it, will be apt to create all those ills that I have mentioned

agreeable to their nature; the consequence will be a speedy deliverance from their bodily infirmities, compared with those they experienced before. And I could wish that erroneous notion, of falt provisions breeding the Scurvy, was exploded \*, at least amongst those who reside on land; for the cause of the Scurvy at sea depends on many other occurrences, well known in their fituation; and shall we make no distinction between a piece of meat laying a few days in falt, and theirs of many months? Our falt diet would be, by them, deemed fresh, so that many debar themselves from tasting that food which would give them pleafure, and contribute to their health. And as to pork, though it is forbid both by Jew and Mahometan, as food which in warm countries is faid to produce or increase the Leprosy, seems to me rather a tradition handed down to posterity, without enquiring as to the merits of the case, or of giving satisfactory proofs of it's tendency to that effect; for neither the Greek or Roman physician complains of this meat, with whom, as with us, it was held in high estimation.

" Sea falt, in a sufficient quantity, is a useful corrector of an " animal diet, and in that respect an antiscorbutic; it may, from " an excess, and not being sufficiently diluted, give a peculiar " muriatic acrimony to the fluids; but that very feldom happens, " and is eafily removed. In fea voyages, that peculiar Scurvy " which is imputed to long living on falt meats, is really owing to " a contrary state of the sluids, and to a putrid acrimony and dif-" folution of them, from the want of that quantity of acids, or " fermented spirits in their drink, which is necessary to prevent " that natural tendency the fluids have to putrefaction; and which " the quantity of falt (which is but a weak antisceptic) is incapable of preventing, and often not sufficiently powerful even to " preserve the salted meat from being in some degree corrupted. "This disease more frequently appears, and in a greater degree, " when their bread is in the same state, and when their water, " which at the best has no real antisceptic quality, is often in a " putrid state. In these circumstances, fresh animal food would " fooner bring on an increased putrid state, than found and well " falted meat, unless some acid vegetables, or spirituous antisceptic " corrector, was added to their drink, and could diffuse itself " through the blood." BARRY, en Digestion.

Another evil which has given rife to fcorbutic eruptions, I cannot pass unnoticed; it is occasioned by the weakness of the stomach, which hinders the food from being properly digested, and, instead of performing it's office, and distributing the aliment to the nourishment of the body, it is turned sour, and thrown up again with an additional acid taste, that cuts the throat, blunts the edge of the teeth, and occasions a violent heart-burn; to fuch a degree of corroliveness has this matter arrived, as to give filver a black colour; and should this acid matter be carried down ward, no one will wonder it should occasion griping pains in the bowels\*; and it is impossible for that blood to be pure which is secreted through the lacteal vessels from so foul a matter; nor can it surprise any one that divers blotches and unfightly eruptions should then make their appearance on the skin, owing to those sharp humours, the very principle of eruptive dieases; or that we should thereupon experience aches and pains in different parts of the body, and suffer that languid state into which we afterwards fall.

In the indictment relative to the cause of scorbutic eruptions, drawn by judicious writers, we find fedentary employments are accused, and those trades in particular specified, which are followed in one posture. I should be desirous to ask, what occupation in life, whether scientifical or mechanical, that has not it's inconveniencies attending it? And what is our intent of writing? Is it to render fixed stations in life disagreeable, or to deprive the individual of his felicity, by placing imaginary ills before him? Or, where is our wisdom displayed, to prophecy a curse entailed on such and fuch a business? Would not one of that profession, whose lot it was to come under that predicament, instead of rousing himself to throw off an hinderance to his pursuits, rather be inclined to fay, our business is subject to this complaint? and prove a check

<sup>\*</sup> This complaint will be further confidered, and a remedy point-

to this man's hope, his ardor in feeking a remedy, and render him rather indifferent about his health. Ramazzini has wrote in general of those diseases which are the natural consequences of particular employments, and there we find many stigmatized as authors of maladies infinitely worse than any that can arise from a fitting posture. Who has not heard of persons dreadfully fuffering by the fumes of lead, the noxious vapors arising from charcoal, paint, aqua fortis, and damps in the mine? yet each of those artists know how to remedy many of those ills, and make them to contribute towards a comfortable maintenance. Before we venture to fright persons from their usual vocations, have we a better to give in exchange? Let us not idly fpend time in battering at the walls of necessity, left shame fall on our heads, but wisely turn our thoughts on those nuisances which are to be remedied, real grievances, monsters in human shape, which will not only render us contemptible at first, but bring tormentors along with them, named Indolence or Sloth, whose train is supported by no less personages than the Scurvy and Gout, and are only to be terrifyed away by chearful exercise, cleanliness, and wholsome labour. Indolence is a quick-fand cannot be cautioned too much against to avoid; ease and retirement are the proposed end of all our labours and anxieties: happy for us it is not fo foon attained as we wish; when we figh after this phantom. we know not the eyent of the request: to be relieved from all care and trouble, what is it but to be changed into a fenfeless inanimated being, totally indifferent of what is transacting round us? as if happiness consisted only in rifing to eat, drink, and then to fleep; how wretched the idea! where is the Being capable of indulging fuch thoughts without detestation? all nature exclaims against it! Nature, ever most harmonious, eloquent in preaching up the antidote, the true restorative, the supporter of our fabric, and without it we should foon moulder into nothing; it is a bleffing showered down on the industrious, and by them it is

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named pleasure, or exercise, man's fittest companion, and from which he should not wish to be separated whilst there are abilities left to enjoy them. Whereever we look round, either above or below, all is in motion, (another name for exercise) the sun, moon, stars, and earth are in perpetual action, and display omnipotent beauties that could not be, with that delight, discerned in fixed bodies; nor will the beasts of the field, the birds of the air, the fish in the sea, or even the insects on the earth, be filent on such an occasion, who require daily food, and daily they must hunt after it, or be pinched with hunger's keen fting; and sweet is the morsel when earned by assiduity. Thus we see any station of active life, however employed, whether digging in the mine, traverling the boifterous ocean, or hazarding life in war, or in the chace, is preferable to floth; and by diligently following either of these occupations, honor, wealth, and fame are frequently met with, and every other focial bleffing. Without exercise to employ the body, or amuse the mind, how quick does man gather ruft! his fluids, unsupported by motion, stagnate, his vigor fails, obstructions are formed, his limbs contract, and become, in a little time, a monument of wretchedness, furrounded with pain and vapours, terrifying his debilitated frame with gloomy apprehensions, from which deplorable state nothing but action, joined with ferenity of mind, can deliver him

What fore of employment conduces most to health we cannot determine, any more than we can at all times choose or command our stations in life; every individual knows how to shift the scene, but to vary it depends on time, place, circumstance and connexion: all that the writer wishes to enforce, is that exercise which is found most convenient, whether it be in play or in work, in a walk or in a ride, in the agreeable amusements which polish and adorn the body, or in the necessitous calls of labor, to preserve and support life, or any other recreation found in visits, plays, concerts, &c. The proposed end of each of them (whilst

not pursued to excess) will be answered in bracing up the nerves, giving fresh vigor to the mind, a hardiness to the sibres, pliancy to the limbs, and fortify the body against common accidents of cold and heat. I am persuaded that persons would not have the reason to complain, as they do, of the long confinement in the Gout, or experience that pain arising from chalkstones, or contracted sinews, were it not owing to repeated errors sanctified by custom, which introduce INDULGENCE as a nurse, in preference to well-timed Severity; and this also accounts for those distressing mortifying scenes, daily exhibited in hypochondriacal and scorbutic complaints.

The sea and land Scurvy, tho' alike blended, are, in many respects, as different and opposite to each other in their nature, species, and characteristics, as the very causes and principles from which they take their rise. To exemplify—At sea, the Scurvy is contracted by long voyages, close confinement, and bad provisions, which will always produce a putrid alkaline state of body. Now, in no case whatever, is the well known

<sup>\*</sup> The Sea Scurvy begins with unufual lazinefs, spontaneous weariness, heaviness of the body, difficulty of breathing, rottenness of the gums, stinking breath, frequent bleeding at the nose, and at old wounds; fometimes the legs swell, and the fingers may be dent in them as in a piece of dough. At other times, the legs fall away, and there come out livid, plumous, yellow, or violet-coloured spots. The complexion of the face is generally pale and tawny, and the patient loves to be in a fitting or lying posture; there is a pain in all the muscles, as if he was over-tired, especially in those of the legs and loins; when he awakes in the morning, all his joints and muscles feel tired and bruised; the gums grow painful, hot, and itching, frequently swell, and bleed upon the least pressure; the roots of the teeth become bare and loose, pains are felt in all the parts of the body, both external and internal. In the next stage, the gums grow putrid, with a cadaverous smell; when they are inflamed, blood diftils from them, and a gangrene ensues; the loose teeth by degrees grow yellow, black, and rotten: some have a swelling of the ankles in the evening, which disappears in the morning; in a little time it advances gradually up the leg, and the whole member becomes cedematous: hurts, bruifes, wounds healed up, and fractured parts, always become scorbutic first. Old ulcers will emit a thin feetid fanies, mixed with blood, and, at length, coagulated as gore, will lie on the furface of the

aphorism of Hypogrates "that diseases are cured by contraries," better elucidated. For, alter all the circumstances before stated, sea to land, salt provisions to fresh, close confinement to liberty, stinking cells to sweet and well aired rooms, smothered air to that of a free and open circulation, with the addition of a plenty of vegetables and fresh water, and you will foon find the state of the individual also altered. And, indeed, nothing can be more naturally expected, than that the effect of a cause should cease with the cause itself. Sublata causa tollitur effectus, has long been among the leading maxims of philosophy; and it is a true and fundamental one, that in all disorders the skilful physician aims at nothing so much as investigating the cause whence it springs, in order that he may be able, the more effectually, to destroy or remove it. Success often verifies this aphorism, yet truth will compel us to own, bowever mortifying, we are but men, and short sighted ones too, when we reflest how little we perform, compared to what is left unfinished, in the relief of those maladies whose history composes the effential part of this treatise. To trace the origin of those morbific complaints, in a number of cales, may be done with propriety and fatisfaction to the physician and his patient, is allowed; equally fo, that conjecture must also stand very often for certainty; and there frequently arise disorders, that both doctor and patient are at a loss, for a circumstance relative to the knowledge of the cause, even to guess at; and in these scorbutic cases should we afcertain the cause, yet the cure does not always follow, it being not quite so easy a matter to restore the human body, shattered with disease, to it's pristine state, as

fore like a cake; as the disease increases, they shoot out a fost bloody sungus, resembling bullock's liver, which will sometimes rise to a monstrous size in a night's time.—But, bad as this disorder is, when once they can get to walk upon land, and procure a suitable diet and regimen, they are quickly cured,—See Lind, and others, on the Sea-Scurvy.

fome by their advertisements would make you believe, just as if curing the Scurvy and eating an apple, were synonimous terms. Such pretensions, I believe, are only to be met with in a set of self-created ingenious men, composed of the greatest artists of the age; a society of Physicians, or a company of Surgeons, who meet at their Royal Elaboratory \*, or elsewhere, erected in some obscure hole of the town, where, like the viper, they may the readier poison with their bite the unwary traveller.

In a preceding Note, having made a few remarks on the fymptoms attending the Sea Scurvy, I shall, in a few words, touch on the effects of those scorbutic dif-

orders experienced on land.

To illustrate the various appearances in which the Scurvy discovers itself, is an unpleasing theme; and none more so than that complaint denominated Lepra, or LE-PROSY, which I shall endeavour to delineate, though the reader will find, in the history of the cures, a more exact description of the effects of this malignant disease; and however dreadful some of the cases may feem to those not afflicted, yet they fall infinitely short of what I have feen. Nor is it possible any thing that I can describe shall convey a just idea of the deformity of a human Being, thus befreged with loathfome fores, often discharging a corrosive matter, which burns the found part of the skin, and is attended with a putrid fmell; at other times, the legs shall swell, and receive an impression of the finger, which dents in the slesh as if it was dough, and yet the person not be in a dropfical state; again, the gums shall bleed on a slight pressure, an ulcerated mouth, a noxious breath, a laffitude of body, scaly eruptions continually falling off, form only a part to fill the melancholy scroll of this Legion's train. Yet, let it be remembered, before this complicated disorder arrives at this height, many years may elaple; and before it can arrive to this period, some very particular circumstances happen,

<sup>·</sup> See their advertisements in the daily papers,

which may physically account for such piteous ills centering in one body, and whose origin at first was no more than a few small little pimples, or red spots, which might have been mistaken for slea bites, no ways troublesome, neither ushered in with pain or fickness, and are generally found dispersed on the legs and arms. These little red spots are changed, and the next morning small white scurfy appearances take place, which in a day or two shed off, and in as many return again, to the disappointment of the sufferer; who quickly observes the progress of the disorder, increafing in fize and shape, no longer continuing round; but spreading here and there, until it covers a large furface of the skin, like the bark of a tree; the knees and elbows are joints which are more immediately affected\*. This disease differs in appearance, and in colour, as different causes affect, or constitutions vary; in some a universal stain marks the skin, which does not arise to any scurfy eruption; in others, the whole body is affected, whilst the face shews a healthy countenance, and is free from pimples and other eruptions which fettle on the face of many, whose body has a clear skin; and there are those who shall daily eye the force of this tyrant preying on their hands +; discharging large scales of a horny substance, which eats the nails off their fingers, and sometimes the toes. The palms of the hands are clefted with great fiffures, which frequently bleed, attended with violent itchings and a burning heat. In order to shew how far wretched this cruel disease can render life, it does encircle some bodies that scarce a place can be found, from the fole of the foot to the head, free from those leprous complaints (fimilar to those noticed in the

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+ Persons who handle soft sugars are subject to what is called the

Greeers Itch on their hands, of a leprous appearance.

<sup>\*</sup> The Scrophula is a grievous complaint, and juftly termed the Evil, whether we confider the large inflamed swellings, the corresive ulcers, issuing blood and other matter, which destroy the use of the joints, wear the limbs to a skeleton, and render the disease obstinate in cure, and perplexing to the most experienced practitioner. Children often fall a prey to this disease.

Sacred History \*) which, on a slight friction, fall off in large scales, or in powdered branny dust, and is as constantly supplied by the corrupted fluids, which ooze out through the skin in a thick gelatinous matter, and form the scales so painful to the afflicted, often accompanied with feverish symptoms and their natural consequences, habitual costiveness, lowness of spirits, and a thousand other melancholy causes, which leffen the value of life, and make the thoughts of death indifferent. A uniformity of symptoms is no where to be found, which accounts that some eruptions are more troublesome than others, owing to the blood being more inflamed or corrupted; for we find many who only speak of a sensation. on various parts of the body, fimilar to the fling of a nettle, arising from small miliary pimples which itch to that degree, chiefly at night going to bed, in cold, or in change of weather, that nothing but a free use of the instrument generally found at the end of each person's finger, can give present ease, and fet the confined matter free, which occasioned this irritation; and it is remarkable how foon the blood, and other perulent matter, iffue forth on a flight fcratch of the nail. In this complaint, and that of a lepra, the itching will be fo great that a person in a

and from the to an in the sale of the

<sup>\*</sup> The Leprofy of the Jews here referred to, (Leviticus, Chap. xiii. and xiv.) was a most severe disease. It had it's origin in ÆGYPT, and was from thence propagated into SYRIA and other nations. Rules are here laid down for diftinguishing between the plague of the Leprofy, and diseases which resemble it in some particulars; and as some of the symptoms attending it are of an extraordinary nature, particularly in it's infecting houses or garments, it has induced feveral writers to imagine, that the Leprofy here mentioned was a miraculous judgment, and proceeded not from natural causes; and others are of a contrary opinion, avering that it may be well accounted for without having recourse to a miracle. One thing is certain, that what is now called the Leprofy is very different from what was fignified by that name in former times; for it affects only the furface of the body, producing a kind of fcurf or scale on the skin; but it was quite otherwise according to the descriptions given of it by ancient writers, both Greek and Roman, as GALEN, PLINY, &c.

cep sleep shall lay scratching in the same manner as he would do if he was awake. Similar to this operation, is shaving the head when troubled with scurs, which, though it appears painful to the by-stander, affords a pleasing relief to the patient, and who should

have it repeated almost daily.

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There are many persons of both sexes, from various causes, who have ulcerated legs, which begin with a fever, and beggars all description, whether we reflect on their various colours which mark the flesh, the painful swellings, the deep bleeding wounds, the fætid smells, the scaly coats, rottenness of bones, and other fymptoms bordering on a general mortification; fad memento's, which proclaim to the fufferer, more forceably than Philip's \* boy, how nearly we are allied to mortality. It would feem in these cases, that the legs, which bear the weight of the whole body, must also be the fink and drain of all the malignant humours which flow from it. To go over all the minute defcriptions of the feveral symptoms to which mankind are liable unto, under this class, commonly called scorbutic, would only disgust the unexperienced; and those that are afflicted know these remarks to be too true, and daily feel the bad effects, by a universal gloom, attended with an inexpressible langor; and sleep, which is the soother of cares to many, withdraws it's kind influence from them at night, which renders the patients extremely nervous and weak in the day +. But in the midst of JUDGMENT, I may say, Mercy bas been remembered; for it is an happiness

\* King of Macedon — he kept a person in his service to tell him, every day before he gave audience, Philip, remember thou art mortal.

ROLLIN'S Ancient History.

<sup>†</sup> In order to procure rest at night, take a tea spoonful of the Elixir of Paregoric, in a wine glass of cold water, or wine and water, going to bed; this medicine was the invention of Jacob Le Mort, as may be seen in his works, printed in quarto, at Leyden, 1696, who was an eminent Chymist and Doctor of Physic of the University of Leyden; it is an excellent remedy for colds and coughs, and Dr. Quincy, with some variation, was the means of bringing it into repute.

never to be too highly acknowledged, that these disorders are not infectious, even when people bed together, though they border so very near a resemblance of the Itch. Nor do I believe them to be hereditary, but that scorbut c complaints are brought on us by ourselves, either through accident or folly; and that the older people grow, the more liable they are to their attacks, because more worn; infomuch that in them the Scurvy will frequently gender the Gout \*, and cause a weakness or contraction of the limbs. the disorder distinguished by the name of Scurvy, till within these twenty or thirty years, was but little better understood than that of the Gout, which to this day is generally pronounced incurable. We have, however, the fatisfaction to find, that the Scurvy is now no longer able to repel the power of medicine, but that such a remedy, and mode of treatment, are at length discovered by the author, as cannot well fail of extirpating it from the human frame.

Why a more early success was not derived from the many endeavours used to cure it, we may ascribe to several mistaken opinions universally prevalent in mankind. The first of which is the absurdity of their recommending cathartics and diaphoretics, the one to purge, and the other to sweat the humors out of the body. Whatever the complaint, whether a pimpled eruption, dry scurs, or running ulcer, the reply hath ever been:—Ob! purge it out, or sweat it out, by all means; the more out the better +; and such like ex-

<sup>•</sup> When the fluids circulate flowly they thicken; this produces obstructions, then follow pain and it's offspring, inflammations and swellings, all which symptoms are comprehended in four letters—GOUT.

<sup>†</sup> I fay so too, if nature throws it out, but not otherwise; and the difference of the workings of nature and her journeymen may be observed in the following instance, which I have frequently noticed: issues and blisters, every one expects and thinks to be of great use in drawing of humors from the human body: I confess, though opinion is so strong in their favor, yet I scarcely ever knew any great service from them; on the other hand, where biles have appeared, and been properly treated, the decay of leprous scurs has been daily visible, and rescued the patient from a loath-

pressions. And this course is pursued till the poor patient becomes so weakened, as to have hardly any humors at all left in him, good or bad, nor any more juices in his body to be thrown out; then, when this is done, the general conclusion is, that he is a great deal better, or quite well. But, no sooner does he begin to feed again as usual, than the disorder returns, and keeps in it's increase the same pace as the recovery of the patient's much-exhausted strength. Another scheme, as expedient and as well concerted as the preceding one +, is then thought of; for, having failed of success in attempting to drive the enemy out at one door, like Dottor Last, they determine to open another, and accordingly the poor perfecuted patient is immediately nauseated with medicines to make him vomit; and fometimes, which is really dreadful to relate, they even proceed so far as to operate all-fours at once, that is to fay - they purge, they vomit, they sweat, and they urine the unhappy object all together. Whoever reflects on the monstrous process, cannot but think of an artist violently straining and tearing to pieces some curious article of mechanism entrusted to his care. Our body furely is a much finer, and an infinitely more delicate one than any ever produced by the art of man. Wherefore is it then, that we seem so little senfible of the great impropriety of using it with less caution, care, and tenderness? Those unmerciful purgers, sweaters, and patrons of promoted-secretions, that is to fay, secretions increased beyond the common and accustomary pitch of nature, would do well to consider what proportion the humors bear to the whole mass of blood. To come at once to the point, we will suppose it to be a twentieth. Taking this for granted,

fome complaint, amply recompening him for all the pain and inconvenience he endured.

Medicus naturæ minister non magister est, et cum natura quæ optima morborum medicatrix, operari et agere debet. HOFFMAN.

<sup>+</sup> I have often observed whilst persons exclaim against advertised remedies, they are ready to adopt every nonsensical prescription that is told them, however absurd.

can it be adviseable to purge, sweat, or otherwise excrete nineteen parts that are good, for the sake of one that is bad? The question answers itself. For what advantage can possibly be derived from it, since, if with twenty pounds of sluid, one of humors is to be defalcated, should the whole together be evaporated to one scruple, in that one scruple one grain of humors would still remain? This is so evident, that no more need be said to prove it, nor will I lay greater stress on the subject, but leave every one to judge for himself, according to his own reason, of the glaring irrationality of such proceedings.\*

Another very material fault which I have to observe, is the using ointments, in order to cure scorbutic eruptions, and other such like external symptoms. When these disorders sirst made their appearance amongst us, as they were attended with heat, inflammation, and irritation, it was natural enough, it must be owned, to think of applying thereto some outward remedies, especially as they ascribed to such ointments, as were made of certain particular cooling herbs, a much greater power than they really possessed. But those who continue the practice, so as to lay the chief stress in the cure on ointments, must excuse me, if I

No one, I hope, will have the simplicity to imagine, whatever artful or ignorant practitioners may advance, that purgatives will throw out of the body the bad humors only. The thought is too farcical to enter the mind of those who can reslect on it but for a moment, At the same time, I would not be understood to mean, that no medicine should ever be given, that has a power to cause purging, fweating, vomiting, &c. for there undoubtedly are many cases in which it is very requisite. All I mean to contend for is, that the process must be erroneous when applied to disorders of the blood, fuch as the Scurvy, Gout, Rheumatism, pimpled Faces, Eruptions, dry and moist Scurs, &c. and administered with the acfurd intent of carrying off those noxious humors. Purging and vomiting can only relieve obstructions and foulness in the first pasfages, the stomach, the bowels, &c. and act as a rough brush, in a pipe or funnel, to fcour them. Purging and fweating are by much too frequently practifed in our hospitals, and is the cause why so many patients are turned out incurable, and often worse in health. and weaker in body, than when taken in.

take upon me to pronounce them egregiously mistaken, in whatever point of view the thing may be considered: for, in the sirst place, they do not reflect how little, at any time, an unctuous preparation can take and retain of the virtues of any herb. Besides, the basis of such ointments as here alluded to, being hog's lard, by greasing the affected parts, they stop up the pores, and thereby counteract the salutary workings of nature, by opposing the expulsion she would otherwise make of the corrupted humors, which obstruction never fails to occasion a repulsion of them into the stream, and thereby to hasten and compleat the total corruption of the whole mass. For as it is with plants\*,

\* It is a well-known observation in botany, that all plants whatever, from the ligneous to the herbaceous, have a ramification of descending vessels, by means of which they imbibe the dew which falls upon them in the night, or the most subtile and spirituous parts of the day-showers, from the top of their branches and extremities of their leaves downwards to their roots; in the fame manner as . they draw upwards, by means of their roots, and the interior channels of their branches and stalks, the fap which serves to their growth. - It is proved, likewise, that plants breathe and sweat, and throw out, by means of emunctories, certain excretious and redundant humors, like those contained in the vessels of a living body. These emunctories that exist in plants, throw off at their mouths, which are open in innumberable quantities, on the exterior part of the skin or bark, either along the stalk or branches, or even on the furface of the leaves, a matter feldom perceivable to the naked eye, but which, if mixed with dirt or dust, and not washed down by natural rain or artificial waterings, will prove in a short time the destruction of the plant. - Such is the reason why so many plants, such as Myrtles, Geraniums, &c. and other shrubs, which people are fo fond of keeping in apartments, feldom live to fee another fummer, and, at best, always look fickly. The corpuscles of dust or dirt which sly about in the cleanest apartments, and which the very cleaning of those which are kept in the best order will occafion, fettle on the leaves, stalks, and barks of those arbuscles, and there, fixed and retained by the imperceptible drops of their fweat or glutinous matter, thrown out by the aforesaid emunctories, foon stop up their pores and prevent that necessary purification of the plants. Those other mouths, which serve to breathe in the dampness of a free circulating air, bringing in, likewise, nothing but atoms of a dry subtilized matter, which adhere to the sides of those small channels, intended to carry downwards the moist particles swimming in an open air, suck up, on the contrary, the little

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so it is with human bodies. There must be a perpetual and incessant flowing of liquors, freely through the pores of the skin, which circulation is no sooner stopped or glued up, as it were, but fevers, dimness, violent head-achs, and other complaints ensue, and,

very frequently, confequences infinitely worfe.

A third error is their recommending so strongly the use of vegetables, such, for instance, as brook-lime, water-cresses, scurvy-grass, &c. and all on no other foundation than that of their having been of real service in the cure of the Sea-Scurvy; not considering, at the same time, that the two disorders are dissimilar from each other. And with respect to the Sea-Scurvy, acids, such as oranges, lemons, vinegar, and cream of tartar, with a plenty of vegetables, are undoubtedly very great specifics, but their efficacy is not so re-

moisture they may be already provided with, and foon choak them. up alfo. Thus the circulation being stopped, and the plant supplied with an excessive and superabundant quantity of water, which most people have the bad habit of keeping perpetually in pans under the pot, the root foon rots, because, deprived of its proper and usual evacuations, through the emunctories, the draught is necesfarily stopped, and it can no longer fip any thing: therefore the water of the pans, instead of wasting away by the consummation and feeding of the plant, stagnates and putrefies; and the plant, after having withered a great while, dies at last. - Another contrary experiment will ferve to corroborate the truth of the above affertion. If in a clean part of a garden, where the dampness of the air prevents any dust from flying about, you keep a plant and water the head, fo that the leaves, tender branches, and stalk only should be moistened every day, but not the root, you will find it will thrive very nearly as much as if it was watered at the root, provided, however, you let it enjoy a free, open, and circulating air, without which all trials will be of no fervice, and all plants whatever will always be found pining after, and drawing themselves as thin as a thread, and, at last, to death. Every one will be able to apply these reasonings to the texture and organs of the human body.

\* One reason, I suppose, why ointments have been repeatedly used in these cases, has been from their success in the cure of the Itch, because that disagreeable disorder was known to be owing to animalculæ (or small insects) which nothing but external application will destroy, and against which internal remedies will not avail. To bad legs, ulcers, &c. there may be a necessity for applying an ointment, but it is only to keep the stocking or linen from eating

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markable in the cure of those upon land afflicted with fuch disorders. And it is very observable how suddenly and how perfectly men will recover from the Sea-Scurvy by the mere eating of greens, fuch as coleworts, carrots, cabbages, turnips, &c. Men put on shere, in the most piteous condition, will be able, in three or four days time, by means of this diet alone; to walk miles into the country. A very fingular instance of this presents itself in a case the Medical History relates, by which we are informed of a man who recovered from a most deplorable scorbutic state, by feeding upon a friendly herb that he fortunately met with on an island, where he had been cast by the ship's company to end a miserable existence. Such quick and easy cures have never been known, and are impracticable in land cases; and though scurvy-grass; being a specific for the Scurvy at sea, is frequently recommended for pimples, blotches, and other breakings-out of the body, yet nothing can be more inproper than fuch hot herbs, where there are inflammations \*.

On this subject our venerable author † has the following remarks: "We must chiefly insist upon anti"foorbutical remedies, but the more sharp and hot
of this kind, as the garden scurvy-grass; water"cresses, the horse-radish, pepperwort, and others, too
"much irritating the blood, in as much they dissolve

• If I might recommend any vegetables to be used as auxiliaries in the cure of the Scurvy, it should be those of a different taste and effect, such as sarsaparilla, jesuits-bark, ground-ivy, goose-grass, juniper-tree, plantain, or elm-bark.

common and a substract monthly of the

<sup>†</sup> Dr. T. Willis, who died in the year 1675, aged 37, of whose great abilities Dr. Morgan, in his Practice of Physic, speaks thus:

"Among ourselves Dr. Willis must be allowed as a perfect master of the corpuscularian philosophy, as applied to physic.

"He understood perfectly well the explosions and suffocations of the animal spirits, and the chymical effects, changes, and transmutations produced in the animal body, by the various mixtures, and mutual actions and rescious of salts and sulphurs in the blood; and though many have endeavored to imitate, yet none could ever equal him in this way."

" the temperament thereof more, and drive out more " plentifully the tartarous coagulum to the skin, are " always discovered to be more prejudicial than ad-" vantageous; and for this reason, the use of baths or " bathing in hot waters, which namely, evacuate the " humors of the whole body by an abundant evapo-" ration, and cleanse the pores of the skin, and seem " very available in this malady, often times are fo far " from helping, that those eruptions are wont to be " exasperated from thence, and very much increased; " for I have known many not extremely impetiginous, " to have gone to our baths to bathe in the hot waters, "that have returned altogether leprous. Wherefore, when the symptoms of this distemper arise from a " fcorbutick evil, all elaftick things are to be avoided, and only the more temperate, endued with a nitrous, " vitriolic, or volatile falt, are to be administered. " Sulphureous baths, as well natural as artificial, are " found by experience less appropriate, yea, for the " most part, the former do prejudice; moreover, every bathing ought cautiously to be administered: for because this administration exagitates the blood, and puts it into an effervescence, it's temperament is en-

" and the corruption to be spread more plentifully." over the skin."

By the passage I have here quoted relative to the hot baths, which agree with my experience, and those observations made by patients afflicted with the leprosty, some may be led to think I wish to depreciate those modes in general, which tend so much to the restoring of health. No such thoughts occurred, I am too sensible of the benefits accruing from those journeys, which are attended with so many pleasing circumstances, in a variety of forms, which cannot fail to add new springs to life; and if I cannot approve of hot baths in leprous cases, their are other baths of a dif-

dangered (as has been faid) rather to be diffolved,

<sup>\*</sup> Though I object to hot baths, whose tendency is to increase perspiration beyond it's bounds in leprous cases, I by no means, wish

ferent nature, though not fo flattering, yet are more beneficial, and afford great relief, not only in complaints of the leprofy, but in gouty, rheumatic, and nervous ones; these are to be met with in cold baths and in the open rivers of fresh water: but those I more particularly allude to, are those on the sea-coast, made convenient by machines which shelter the invalid from the piercing air. How much more the health of the patient may be mended by drinking the falt water when he bathes, I will not determine, but rather leave this matter to the option of his own judgment, who on trial will be enabled to decide how far it agrees with his constitution, only be is to observe not to drink at one time more than is convenient, and fits easy on his stomach. This caution should also be remembered when the mineral waters are prescribed; for it is not in the quantity, nor yet in the quality of these waters singly, that so great an operative virtue is found, as to establish their universal reputation, but in many other joint causes, all uniting with the waters, to act in one point either as a restorative, or a preservative; for whether we go to MARGATE or SCARBOROUGH, to BRIGHTHELMSTONE OF WEY-MOUTH, to BATH OF BUXTON, to BRISTOL, HARROW-GATE, or TUNBRIDGE, in each will be found a change of place and air, with a variety of company, which naturally extend our ideas, and contribute as much to our health as a variation of posture; \* and though

wish to be understood of prohibiting temperate baths, where the chill of the water is only taken off to make it agreeable, for nothing promotes so much to health as cleanliness; and those frictions used on these occasions to brush the scurf off, and for children whose heads are scalded over with a hard crustaceous matter, I recommend a somentation wherein lavender or rosemary has been boiled, to wash the afflicted part daily; which serves not only to cleanse but to take off that offensive smell naturally arising from such causes. Concerning invalids who are tormented with the gout or rheumatism, to object to their use of hot baths in preference to temperate ones, would be steming the tide of general prejudice and ancient practice; therefore reason and experience must be facrificed to popular errors.

\* The numerous scenes that present themselves to the senses, were certainly designed to prevent our attention from being too long E 2

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Illness be the general apology for persons when they visit those places, which might naturally induce a stranger to imagine a greater number of distressed objects would hourly present themselves, than what experience testifies, supposing he only gathered his ideas from the character of the waters, in facilitating a cure in chronic and other complaints, where the endeavors of the physical art could not avail; how amazed must he be to find bere, as on enchanted ground, pleasure takes her stand, and in a thousand forms tempts the traveller! For whilst nature points to the refreshing bath, the salubrious foring, the pleasing walk, the rural ride, surrounded with extensive prospects to strengthen and entertain him by day, she hints the agreeable amusements prepared for him at night, where each fex frives only to be excelled in obliging one another, either at a party of cards, mixing in the dance, or liftening to the sprightly music, playing as each one's fancy suggests. All these gay entertainments, taken in modera. ration, unlock the fenses, give full scope to the ravished foul, and charm the dæmon of disease from those haunts consecrated to health, No wonder then that so many are daily found visiting those abodes, to partake of remedies fraught with novelty, and teaming with a fund of delight, not to be met with in any other rational scheme, that either the physician or philosopher can fuggest: less in their commendation cannot be faid, and to continue the elogium further would rather incur censure than praise. However persuasive and beneficial these plans are, in speculation, it must be admitted their success (ever dependant on a variety of incidents) is precarious, their efficacy of a short duration, and, like unto the burning lamp, requires replenishment; and though inclination may excite every

fixed on any one particular object. When the mind dwells long upon one subject, especially of a disagreeable nature, it hurts the functions of the body, destroys the appetite, and spoils the digestion; by which means the spirits are depressed, the nerves are relaxed, the bowels are instated with wind, and the humors sadly vitiated, for want of fresh supplies of chyle.

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individual to wish for a trial, all are not indulged; expence will ever remain a curb to our defires; nor will it be forgot that disappointment is too forward in waiting on expectation. On what a cobweb shadow of a thread does man's felicity depend! Let the valetudinarian tell, who, at BATH, had every reason to congratulate himself on the pleasing prospect of returning vigor, and in extafy facrificed his crutch\* to the tutelar faint, as a monument of benefit received, and for an encouragement to others, to turn their eyes to the bewitching serpent, has on his return home, scarce gone through the formal ceremonies of receiving the compliments on those occasions, but some little ach or pain whispers in his ear, though the fiend was banished, be was not destroyed! which at once freezes his hopes, and blights in the bud his prospect of promised ease. Self-preservation is on the alarm, to select another charm more potent in it's effects, amidst the friendly ones offered by the fons of Æsculapius, or the heirs of PARACELSUS. This being the case, the author may, without prefuming too much on his part, be indulged to let his medicine stand a candidate for private favor, on whose banner is inscribed publico voto floret. Nor can the physician or apothecary, with propriety, object to the patient judging for himself, and trying the prescription of another, after he has fulfilled their fiats with a flavish punctuality, without meeting the desired emendation of his health.

As the writer has descanted on the various methods pursued in general by mankind, to relieve themselves from the yoke of those maladies which come under the title of the Scurvy or Gout, it will be expected for him to shew on what grounds he builds his hypothesis, in order to eradicate them from the human body: The answer is short, as the idea is simple, if it may be so termed, and coincides with reason, that all disorders of an external nature, arising from outward

accidents

<sup>\*</sup> A custom at BATH to hang up the crutches of those who recover, in different places.

accidents, are to be cured by outward applications; and, vice versa, those proceeding from inward causes, by internal remedies, the natural province of which should be to strengthen the body, by recovering the natural texture of the blood.

The effecting this grand object forms the actuating virtue of my drops, and to that alone is to be imputed the great cures, and the many testimonies of public estimation, by which they are so eminently distinguished. Nor can I, I must own, altogether resist the impulse of a personal pride, when I reflect that my chymical and physical labors have been able to produce to the world so certain and so safe a remedy for disorders, in the cure of which physicians of every age, from the remotest periods of antiquity to the present time, have found an infurmountable difficulty. After innumerable researches into the whole materia medica, doubt and uncertainty have attended their prescriptions. Powders, pills, electuaries, decoctions, &c. joined with minerals in various forms, to purge the humors out of the body, have been applied and applied in vain. Diaphoretic remedies too have been accompanied with as little success. These are truths impervious to contradiction. Indeed, common reason, and the anatomy of the human body, will prefently convince the shallowest conception, that nature is not to be restored by fuch rough proceedings. For my own part, the studies to which I have applied, and the experience by which I have profited, have long fince confirmed me in the opinion I ever had, that the cure of scorbutic disorders must be begun in the stomach. It was this all convincing confideration that first set me upon preparing a medicine that would affift digestion, strengthen the stomach, and purify the blood, but in a gentle manner co-operating with nature, affifted at the same time with temperance and exercise; and, in this long-studied. point I am warranted in faying, I have been happy enough to succeed, even beyond my own expectations, by the application of my Anti-scorbutic Drops.

To enter into that fort of detail which a full discussion of the various cures performed by these Drops justly

admit of, would furnish sufficient, and, I trust, no unimportant matter for the pages of a moderate-sized volume: I shall, therefore, content myself with the justice I do them, in recommending the attention and consideration of the Reader to the testimonies they exhibit of their amazing efficacy, in the various well-authenticated attestations given at the end of this Treatise. The afflicted, recurring to them, may find a pleasing prospect of relief, perceiving, as they will, the most unsuspected averments of cases so very extraordinary in themselves, and so fortunate in their circumstances of cure, as at once to claim the fullest credit, and leave no cause for comment.

A great recommendation of the Drops presents itself in their being proper to be taken in every season\* of

\* I cannot but take notice of the erroneous notion which many entertain, that fpring and autumn are the only proper times at which medicines are to be taken to purify the blood effectually; and the more so, formed as it is, under the plausible supposition that nature is then, and only then, sufficiently strong and able to thrust forth the humors of a vitiated body. This doctrine too, broached abroad as it is, is too apt to prevail over the good sense of those, who choosing rather to take up with a popular idea than submit to the trouble of examining for themselves, are carried by the public current to that vortex of deceit, into which the ignorant have long been drawn. To represent this with a strength of colouring so as to strike the most superficial observer at first glance, requires no very extraordinary exertions from the artist; for every one must be aware, that there is as much depends upon the taking of a medicine in proper time, as upon the judicious confideration of age and confitution. To prevent a tree from bearing fruit, or a plant from vegetating, the furest and the best way would certainly be to destroy them outright in the winter season. So it is with the human body: if physic be given to it in the winter, it must destroy the rest of the humors, and of course remove all fear of their shooting out, or fructifying in the spring. The serious facts to be collected from what has been faid, will not eafily escape the detection of the discerning part of the world, and to those it is left to suggest a reason, why the Faculty should caution people against taking medicines to expel their humors when they only bud, and direct them to wait till fpring and autumn, when they are full blown, and consequently not in a disposition to yield so readily to the application of medicinal skill. This is so consonant with reason itself, and so convincing to every understanding, that a farther pursuit of the argument would be highly impertinent.

the year, and adapted to the constitution of every patient, even with pregnant women, children, &c. for if they should disagree, or purge, it is but lessening the number generally prescribed for a dose. The quantity too sufficient to perfect a cure, must vary according to the different degrees of the diffemper. Sometimes they will throw the humors out on the body, owing to their affifting nature in expelling them, which is apt to alarm, and be taken for an indication of getting worse, whereas nothing can be a more promising sign of their operating the most desirable effect. At other times, for a while, they will ebb and flow, as it were, and in some no alteration whatever will appear, but the spots, heats, ulcers, and other eruptions will gradually decrease, and bring the patient to perfect health. In many cases, fix or seven bottles have been taken to no apparent advantage, while in others two or three only have performed all that was wished for, to the no fmall furprize of every beholder, which points out the impropriety, and indeed the injustice of pronouncing upon them before a patient has made a fair trial, and taken, at least, to the amount of six or eight bot-

With respect to the manner in which I have found it adviseable to direct my medicine to be taken, is not altogether necessary for me to enter into at present. The folio bill, so universally approved of for the instructions and observations with which it abounds, one of which is delivered with every bottle of the Drops, treats of it in a way so plain, guarded, and obvious, yet fafe, full, and comprehensive, as to effectually prevent any the least danger from happening to the patient while the required attention shall continue to be given. All I shall mention here is, that I have, contrary to the general rule observed in physic, recommended the Drops to be taken at meal-times, in order to convey them the sooner into the blood; and, indeed, it goes with reason, that all ALTERATIVES are used then with much greater advantage than at any other time. At breakfast, I advise every patient to take it in the

last cup of his tea, and at dinner or supper, to put the usual dose in his table drink, and drink as usual at his meals.\* By this means, the virtue of the medicine kindly mingles with, and effectually infinuates itself into, not only the faliva in the stomach, but also all the humors that flow into the right ventricle of the heart, as well as the arteries and veins, by which the much desired emendation and correction of them are the fooner and more eafily brought about. It is a no small recommendable quality of this medicine, that it never fails to create an appetite, and, by strengthening the stomach for an easy and a regular digestion, to prevent wind from accumulating in the first passages, and hence to remove the cause of head-achs, vapors, and other indispositions of a like nature. At the same time, the patient must observe not to take of it more than he finds easy, and creates no disgust in the stomach; for that too much medicine may be as bad as too much food, is a general maxim as evident as that an over quantity of oil will clog up a machine, a judicious use of which would have put it in a proper state and motion.

To terminate this part of the treatife.—The Antifcorbutic Drops have passed the test of experience, and prevailed over the obstinacy of such cases, as to have not only far exceeded the most sanguine hopes of the afflicted, but to have long acquired the praise and admiration of many of the Faculty +, who have frequently testimonied the truth, by recommending it as the very first specific in the cure of the Scurvy. What too is an unexceptionable confirmation of their real excellency,

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Persons may continue the Drops with additional benefit when they go to MARGATE, BATH, or BRISTOL, to drink or bathe in those waters; but not when they use the cold bath, without lowering the dose prescribed.

<sup>†</sup> I cannot refuse paying this acknowledgement where it is due, and hope one day the advice of Dr. Gregory, in his Observations on the Duties of a Physician, and on the Method of prosecuting Enquiries in Philosophy, will be attended to in a greater latitude; who expresses himself thus, p. 169.—" But, not to insist further on armount of medicine can be expected from physicians, while they are on the present footing, I shall only observe as a fact, that it appears from the history of medicine, that the improvements in it

is the very rapid and general encrease in the sale thereof, having in the course of the two last years only, advanced much more than two-thirds, besides additional orders from IRELAND, SCOTLAND, and AMERICA, our WEST INDIA islands, and various parts of the northern continent. For my own part, and I announce it more for the fake of the afflicted than from a pecuniary motive, I have really effected a number of cures with them, that I at first feared as impossible. But the repeated and successful trials of their virtue, on a variety of occasions, now justify me in thinking, that no situation of a scorbutic nature, however deplorable, is to be thought proof against their operative efficacy. Opposed by it, running ulcers, frightfully large and deep, contract and heal up; swelled limbs, stiff and full of pain, become pliant, and return obedient to their respective stations; scurfs on the head and body fall off, and leave the skin smooth; rheumatic complaints find a complete redress; nervous disorders give way to strength; and life and colour are once more seen to dawn on the face. Hence let Despair, the common foe of bealth and comfort, no longer break in upon the hope of those offlitted with the Scurvy. Relief now addresses them in all it's inviting forms, introduced by a variety of demonstrated fervices, and accompanied with too many encouragements, not to be expelled in the worst of cases.

" were feldom owing to those physicians who valued themselves " upon being regular, systematic, rational practitioners; nay, what is more extraordinary, they have been often opposed by them with great keenness and acrimony, and seldom adopted till after a very long struggle. We could give instances of this, in many of the improvements of modern practice, particularly in the case of blifters, opiates, Peruvian-bark, antimony, mercury, and all " the powerful chemical remedies; the inventors or introducers of " thefe, from the days of PARACELSUS down to Dr. WARD, have been held by the Faculty in contempt and detestation. "discoveries of those men who were not regular physicians, have on not been examined with that candid impartiality, which their " importance and fuccess required: yet from such very useful "discoveries may fometimes be expected, &c." And a little farther he passes also a due and rational censure on some " ignorant, care-" left, and wrong-headed" ones, " who profit but little in propor-" tion to what might be expected from so very extensive a practice" as they have.

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Remarks and Observations thereon, with various new and interesting Lights, in which the Cause and Nature are traced out, and the best Methods for obtaining Relief considered.

TOTHING can more strongly display the uncertainty that has ever prevailed over the refearches of the Faculty, as to the cause, nature, and cure of this relentless disease, than the unnumbered volumes written on the subject. To enumerate the learned practitioners who have contributed thereto, and at what particular periods, are circumstances I shall wave, as favoring more of useless curiofity than any thing else. Influenced by the first of motives, that of a laudable zeal for the health and happiness of mankind, the ingenious professors of physic have, at all times, exhibited equal endeavors to fuggest a remedy. Casting an eye to the works of former investigators, every new one hath annexed to his own knowledge a very considerable benefit, and hence every age has advanced progressively towards perfecting so great an end.

Confidering these introductory observations, and how many, eminent in the physical and chymical worlds, have exercised their pens, it may, by some, be considered as a matter of wonder that any thing new should remain to be advanced on so exhausted a topic, or that every thing hoped for has not been already derived from such abilities and experience. The very reverse, however, is an article of information unfraught with ought of novelty. Scarce any other impression is received from perusing what has been put forth, however voluminous, than a desire of seeing the subject

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still farther investigated. For my own part, the pages that lie unfolded for our instruction, countless as they are, so far from disheartening, only serve to animate, and put me forward to the completion of my purpole. Looking back to the differtations of others, and tracing, as I have done, in a laborious review, the respective doctrines of ancient and modern writers, are what I neither forbear to record, nor blush to confess. On the contrary, disdaining the meanness of denying fo obvious an advantage, I boast it, in behalf of the afflicted, with every possible sensation of gratitude, as it enables me to join with that of my own, the wellgathered experience of ages past; at the same time I declare that, in this refearch, my intention is to pass by unnoticed, as much as is confishent with my defign, what other medical authors have written on the subject; choosing rather to run the risk of censure, by exploring unbeaten tracks, bearing in my mind Dr. STROTHER's admonition, in his Practical Observations on the epidemical Fever which reigned in the beginning of this century -" If the art of physic is to be advanced, no discouragement ought to be given to the undertakers thereof; let each person of industry draw out his scheme; if it fails, be bas at least shewn his good-will, and prevents any other from steering in that road; but, if be succeeds, be merits glory and thanks."

## Observations on the Effects of the Gout.

OF all the disorders which afflict the human species, no one is certainly better known by the afflicted than the Gout, and no one perhaps less understood; hitherto we have not been so happy as to congratulate the man who has obtained the laurel, for the best description of the nature and cause of the Gout: it's effects and their prognostical signs, it's symptoms, it's various degrees of keeness in the sits, and their paroxysms, it's course, it's progress, and the different parts of the body where it sixes it's seat, &c. have been described with a tolerable accuracy; but it's true cause, it's source, it's principle,

and it's nature, continue to be enveloped with darkness. Conjectures upon conjectures, systems upon fystems, have been made and proposed, and the same uncertainty now exists, and still reigns in the mind of our modern practitioners and their productions, as is found in all the writings of the remotest centuries. That this disorder should thus stand single, characterised as undefinable, is wonderful, and shews there must be something mysterious in it. For the sake of argument and information, I am tempted to give full scope to imagination; if I fail in elucidating this point, I shall do no more than thousands have done, and, what is most likely, will be expected; however, at least I shall have the satisfaction of shewing my propenfity towards the defired attainment, and I defire no one to follow my precepts farther than their own reason coincides.

With submission.—In the creation we observe in different species, a scale of gradation, gradually lessening, or encreasing in bulk, strength, beauty, malignancy, or wisdom; and one above the rest is marked as posfesting peculiar characteristics, which eminently shine, and claim our notice, in preference to others. Thus the fun stands unrivalled in splendor amidst the planetarian For the palm of grandeur among the beafts, who will contend with the lion? or where will be found the bird that will vie in majesty with the eagle? or with gold among the minerals? the diamond amidst precious stones? In the mental faculties the same icale is continued, and though it has not been attended to, we shall find the same cause for the like remarks amongst poisons and diseases, and, at the head of the latter, we cannot hesitate to rank the Gout as chief, when we consider it's unsearchableness, it's Proteus nature, or changeableness, it's dignity in chusing it's companions as objects of refentment, also the vital parts of the body to prey on; it's duration in tormenting, it's effects in maining and killing, all which shew it's affinity to poilon.

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## Of the Unsearchableness of the Gour.

THERE is not a disease to which the human body is liable but must have an origin, even from the unperceivable embryo to the glaring painful fymptoms that time produces; and though, as in the case before us, it has not been clearly explained what the Gout is, I trust every one will rather impute it to our want of power to penetrate the maze of Nature's walk, or to a full comprehension of the human fabric, than that there does not exist one certain cause of the Gout. However puzzleing and perplexing the subject of our enquiries may be, and attended with difficulties furrounded with prejudice, by fo much greater ought our ardor to glow in the defirable fearch of this intricate arcanum, and thereby expose this Minotaur, to whom fo many victims have been facrificed. In order to be enabled to unravel the labyrinth, we must use as a clue such printed foo:-steps of the fiend that evidently mark the road; as to shew his frequent walk, and by which we may the better trace him. On repeated obforvation we find two remarkable places of the body subject to this tyrant's bumor, on which he delights to fport; the first is in the stomach, occasioning a general alarm and dread, so that the patient will very readily agree to fuffer any thing he pleases to inflict, provided he will take himself away from the citadel, and go into the suburbs, which humor, I do aver, does, and must, begin in the stomach, and which I shall endeavor to explain by what we see persons suffer, when under the influence of this evil spirit, commonly named the Gout in the Stomach, or Wandering Gout.

That this complaint demands a ferious attention, experience every day justifies, for it is of an awful nature, striking terror to the unhappy sufferer, and those around him, who are more immediately connected by ties of friendship. I scarce know unto what I shall compare it to, that I may with propriety describe it's fascinating power, whose malign effects, though felt,

cannot be comprehended; for when a person is seized with it, he is in an instant as if all his limbs and nerves were fettered, a stupor prevails, a numbness creeps through the whole frame, vibrating on the fibres; the lips, though unperceived by others, feel convulted, and fuch is the langor, that he has scarce power to move, to speak, or think, and the least interruption throws him into a violent agitation, which renders him totally unfit for pleasure or business. To this complaint Sir W. TEMPLE alludes when he fays, I remember one great minister that confessed to me, when he fell into one of his usual fits of the Gout, he was no longer able to bend his mind or thoughts to any public hufiness, nor give audiences beyond two or three of his own domestics, though it were to fave a kingdom; and that this proceeds not from any violence of pain, but from a general languishing and faintness of spirits, which made him, in those fits, think nothing worth the trouble of one careful or solicitous thought. For the approaches or lurkings of the Gout, the Spleen, or the Scurvy, nay, the very fumes of indigestion, may indispase men to thought and to care, as diseases of danger and pain\*. Patients, when under this dilemma, are reduced to the

Sir WILLIAM TEMPLE, in his tract on the Gout, further obfirves, that " the vigor of the mind decays with that of the body, and not only humor and invention, but even judgment and refolution, change and languish, with ill constitution of body and of health; and by this means public business comes to fuffer by private infirmities, and kingdoms or states fall into weaknesses and distempers, by the difeases or decays of those persons that manage them. Within these fifteen years past, I have known a great fleet disabled for two months, and thereby lose great occasions, by an indisposition of the admiral, while he was neither well enough to exercise, nor ill enough to leave the command. I have known two towns, of the greatest consequence, lost contrary to all forms, by the governor's falling ill in the time of the fiege. I have observed the fate of a campaign determine, contrary to all appearance, by the caution and conduct of a general, which were attributed, by those that knew him, to his age and infirmities, rather than his own qualities, acknowledged otherwise to have been as great as most men of the age. I, have seen the councils of a noble country grow bold, or timorous, according to the fits of his good or ill health that managed them; and the pulse of the government beat high or low with that of the governor; and this unequal conduct

unhappy desponding state so often noticed, that Death, which appears terrible to the healthy, is by them courted as a remedy to deliver them from their sears and their sorrows, and they rather may be said to slide into his arms, as persons wearied insensibly drop asteep; this accounts why so many destroy themselves, when under it's baneful influence, who feel all those ills they complain of, which others think imaginary; and, to use the words of the poet, are ever ready emphatically to pronounce, Take any shape but that, and my sirm nerves shall never tremble. If it was not something peculiar distressing, would patients compound to feel and suffer any bodily pain in their hands and feet, so that the mind may be relieved from these terrifying

apprehensions?

To fum up, in a few words, the various dreadful appearances of this Proteus malady. - The Gout is a nervous disease, assuming a variety of shapes and forms. It has fometimes been mistook for hysterics, hypochondriac affections, and cholics; and at other times, for rheumatic complaints and lowness of spirits, all which are, indeed, nothing but the very Gout itself. Like as the Ananas or Pine-apple is to be confidered as containing the tafte and flavor of many different fruits, so a great many disorders of the body are, under different appellations, to be found in the Gout. Hence, when in the stomach, it is apt to cause fuch a weakness and sickness, as to disagree with almost every thing it takes; and by corroding the nerves of that part, spasms, or numbness on the face, as it were a paralytic stroke, will refult. When this happens, the patient will be uncommonly cross and peevish. If in the bowels, pains, gripings, and a continual going to stool, will be found to follow: or, when in the hands or feet, frequent cramps and burnings, with a fixed pain till they swell, will be the confe-

makes way for great accidents in the world. Nay, I have often reflected upon the councils and fortunes of the greatest monarchies, rising and decaying sensibly with the ages and healths of the princes and chief officers that governed them." from one and the fame principle, is what I venture to lay down from the fullest assurances of observation

and experience.

Notwithstanding the Gour and Scurvy proceed from one and the same cause, their symptoms and consequences are very different. The Gour, for instance, attacks the patient in the meridian and decline of life, by fits at various periods: The Scurvy visits, without distinction; both youth and age, in a number of shapes; continuing fometimes only during the spring and fall, and at other times all the year. The former too afflicts only part of the body; the latter very frequently the whole. The gouty matter, though ever so severely felt, is often unseen, while the Scurry is always apparent to the eye. Those, again, afflitted with the Gour, are confined to their chamber, deprived of rest and every rational amusement; while those who have the Scurvy, are active and able enough to follow their usual vocation. The Gout is considered as a respectable complaint; the Sourcy a despicable one. The first is slower than the last in it's progress, but when felt, rages with a much greater violence. The Gour affects the nerves, tendons, membranes, and ligaments; the Scurvy chiefly the blood and skin, attended with heat and irritation. An acid indigestion, however, and a flatulence attend both, and either may be produced by intemperance and inactivity. The fact is, the difference lies only in the effect resulting from the similitude. If that effect is the introduction of a coarfe, heavy, flimy humor into the blood, the Scurvy, accompanied with all it's direful train of appendages, such as dry or moist fcurfs, ulcers, pimples, and eruptions will be the consequence. If, on the other hand, a fermentation, attended with a volatilization of the most subtil particles of the putrified matter, should take place, it will be found to introduce those violent ravages for well known by the name of the Gout. Hence, I am encouraged to place it in my mind as a fixed axiom, that this disorder is nothing but a subtil, volatile, corroding spirit, raised from the fermentation of sundry multifarious.

multifarious, incoherent, incompatible foods, degenerated into fournels and putrefaction in the first reservoirs

of the stomach,

How fo small a matter can assume a malignancy from fermentation, aided by weakness or heat of the stomach, joined with the effluvia of the confined putrid air\*, fo as to vie with other poisons, and act the fame, only in an inferior degree, in one person breeding the Scurvy only, and in another the Gout, is amazing; or that food, designed to nourish and support the human structure, should change it's nature into the reverse, and be the means of debilitating and destroying the body, requires farther consideration, to elucidate points so important for the discovery of that mifery which thousands labor under. That the foundation of those ills often lay in the patient, must be acknowledged; for however humane our dispofition may be to our fellow creatures, and even to the beaft, we are to ourselves severe task masters, and frequently impose on our stomach to perform the greatest inconfistencies, nay impossibilities; for to expect that machine to grind and dissolve fit for nutrition, a greater quantity of aliment than is required to support nature, which quantity is rendered worse as it consists of viands foreign to the constitution, and opposite to one another, cannot fail, when thus blended, to compose a strange undigestable medley, one ingredient counteracting another. Whatever ills we fuffer from the stomach's refusing to obey our mandates, we have no reason to complain, who throws it back in our teeth with contempt, attended with bitter or four reproaches, and to give language to the stomach it would say - See there the effects of your intemperance! had I distributed this acrid fluid to the other vessels gaping for food, what fort of blood would have been produced, or what pains would you not have suffered? learn therefore to listen to my dittates,

<sup>\*</sup> If flagnated water acquires such a putrid stench, in a little time, as to render it noxious, how much more subtil and fatal must the putrid air be, thus confined, which hinders the proper action of the organs in the stomach from performing their duty?

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and be no longer a flave to tafte, whom to pleafe, you torture me, and punish yourself with all those plagues not designed by the supreme Being. Diseases do not arrive at their height but by gradual and different stages; all constitutions are not equally alike, each has it's tendency, it's aversions, and all subject to accidents, few being able to boast an exemption from some vexatious malady or another. If you enter a large room of company, who have feen their fortieth year, and examine them, you will find each has a Jonah's worm, which renders their fituation in life fo irksome, that one would be tempted to imagine some peculiar disease was destined to wait on each person, as an attendant through the journey of life. To some the lot that falls is marked Scurvy—or Gout; to others the stone, the dropsy, or consumption, &c. and each must abide by his chance, and contend with the difeale, all the diseases assuming a mask, as if they were dependant on different causes; each may be made worse by abuse, but all may in some measure be remedied, by paying an attention to the stomach; for when it is of itself naturally weak and depraved, or made so by our inattention, crudities will abound, and change the blood from it's balfamic nature to a rancid four one; and when this sharp acrimonous humor is mingled with the fluids, or rather the whole fluids thus changed, it will produce in course an impoverished blood, and occasion a suggishness through the whole machine, which being repeated brings on the Scurvy, as already noticed, (Page 11.) On the contrary, this sharp active humor arriving to that height of acrimony, as to wear off the mucous matter of the stomach, thereby corrodes the nerves of it, whose exquisite sensibility is fuch that it throws the whole frame into difagreeable fenfations, or convulsions. To this complaint is owing the epileptic fits in children, and to this cause nervous persons suffer by hysterics; and, to reltore them, are often plagued with naufeous medicines, such as affafætida, &c. first introduced to scare away the disease, and rouse the patient from the fit,

all founded on wrong principles, therefore no wonder they should prove inadequate to the purpose. That this pursonous humor is the iffue of the Gout is evinced, for if the irritation of a fingle nerve is so acute as to occasion the unspeakable pain in the tooth-ach, can we expect to feel less when a general alarm takes place in the nervous system, which creates those terrifying effects known by the appellation of the Gout in the Stomach. That there is an offenfive matter no one disputes; the universal cry against the enemy is too notorious; and that we do not understand precisely it's true nature, we must infer from the readiness of every one to expel it from the stomach, and their anxious defires to fix it in the feet; for if the question be put, what the complaint is they would wish to dislodge, feldom any other answer is returned but this equivocal one, the Gout in the Stomach. And, dive as deep as you please in this unfathomable pit of perplexities, nothing more appears on the furface but the characteristic of this grievous malady. The uncertainty relative to the humor of the gout is also apparent in the very mode of their proceedings to force the enemy from his refidence, otherwise Madeira wine \* never would be indiscriminately recommended, and other strong in-

<sup>.\*</sup> In complaints of the flomach, proceeding from a torpid coldness, or cramp, attended with an acute pain, the sufferer should not hesitate a moment to drink some liquid of a vinous or spirituous tendency, as it requires immediate affishance, and in this case brandy will only feem as water. But the disorder of which I have been ipeaking is different from this, and, I flatter myfelf, the afflicted will understand it in this light; how far I may be right in my opinion, that what I have related are the effects of the Gout in the Stomach, let others dispute, and prove it otherwise if they can. This I know, there does exist, and too often, such complaints as I have alluded to, and terrible vexations ones they are; and the patient does not always throw up an acid fluid, when he feels a fickness in the stomach, or uneasy spasms on the face, because the thomach can only produce a quantity of froth, having received no aliment for several hours before, which proves it to be a volatile fermentation. Persons, under these circumstances, are ever ready to fly to cordials, or wines, to remedy the evil; or, attributing the fault to a foul itomach, repeatedly take vomits, all which, so far from having the defired effect, render the malady worfe. I think mylelf

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flammatory foicy libations, fometimes joined with opiates and purgatives, to quiet and expel him, or rather to rivet him to the hands and feet. Fatal error! the grand frambling block to which fo many owe their mifery! the very means made use of to extricate themselves serve only to fix them in the moniter's frare the fafter, and fliew the folly of thus continuing a rout, which only entangles the more, by following pilots who difplay their deficiency of Ikill by their very propolals; otherwife, why drive it out of the flomach, only to lodge it in another part of the body? why not attempt to fliffe the hydra in it's infancy, and prevent his growth; at least endeavor to weaken him in his first workings, when the stomach founds the alarm at the enemy's approach? Not a fly, when he quivers on the cobweb, gives furer notice to the fpider that his prey is nigh, than the fickness, and uneasy fenfacion, felt in the stomach, indicates that a fomething is breeding which nature is terrified at, and would if possible shun.

What the nature of this peccant fluid is, I shall confider next; I have said it is an acid; and, in order to corroborate the affertion, I shall produce as evidence, persons who are subject to this complaint,

myfelf extremely happy in having communicated to the afflicted a remedy for this complaint which is neither coffly nor scarce, and whose good effects have answered the wishes of those whose lives have been rendered almost insupportable, and who have acknowledged it in most obliging terms of gratitude. I do not recollect where it failed of giving some relief; a single trial is sufficient to prove the affertion. Directions, When you find any fickness, or uneasy sensation, by the stomach's endeavoring to throw off the offending matter, then take of falt of tartar, or of wormwood, from ten to fifteen grains, on which squeeze the juice of a lemon, in a cup; stir it about whilst it froths, so that the falt may be dissolved, then add a wine glass, near a gill, of cold water, and drink it, and the difeafed will find immediate relief. Where the patient has been very bad, I have sometimes recommended, in lieu of falt of tartar, salt of hartshorn, or sal volatile ammoniac, from five to ten grains; but, in general, I give the preference to the falt of tartar, or of wormwood, as most friendly to the stomach.—Observe it is a safe medicine, and may be repeated two or three times a day, if required.

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how readily they start at the very idea of acids, and complain of some wines, and more particularly of that liquor called punch, as having an immediate tendency to breed the Gout; and brings to their remembrance what is thrown off the stomach, being of a peculiar corrofive acid nature\*, and capable of producing all those dreadful symptoms we frequently hear the patients complain of, that it may, with great propriety, be compared to those poisonous effects experienced by the bite of venomous creatures; nor shall we find much difficulty in being certain of it, when we reflect on the amazing celerity with which any thing of an acrimonious nature, externally applied, penetrates the inmost recesses of our fabric; whence we must be sensible that a poisonous matter in the stomach is more volatile still, as it is encouraged by the constant heat of that part. In the bite of a. viper how imperceptible are the drops of liquor instilled by the animal into the wound! that it is a spirit, and a most subtil one, no person will contend, since it rushes into the blood, and diffuses itself with such an amazing swiftness, that the whole body, in a little time, is known to be dreadfully convulled.

When I am faying this I must, however, be underflood to mean no farther than a comparison of the attack only, and not of the consequence also, the poison of the viper being closely followed by death; though that of the Gout is incontestibly as true and subtil a one. Indeed, the bite of a mad dog, insomuch as it insuses a sort of poison longer lurking about, before it breaks out into any symptoms, subsiding again for a while, and then returning into fresh sits by a conti-

In the Medical Observations, we read of a person, long afflifted with the Gout, being relieved from it by throwing up a thin, greenish, sour kind of a liquor, so sharp as to equal the strongest mineral acid in acrimony. After he had done this, to the quantity of about three half pints, he was immediately eased from his pains, slept, sive or six hours, and, bating a little swelling and tenderness in the feet, nothing of the disease remained, so that in two days time he was able to go about his ordinary business.

nual fuccession of rage and peace, might, perhaps, in point of consequence, claim a preference to that of the viper, though the deposited matter which produces the madness, is, as well as the other, a volatile fpirit. So likewise is a certain other one that taints the blood after impure acts of venery, which occasions particular pains to be felt shooting through the body, attended with head-achs peculiar to this complaint, in the course of twenty-four hours after receiving the injury; and all, as far as volatility goes, refemble one another. The only variation is, the one (the Gout) we internally breed ourselves, and all the others receive from outward accidental occasions. Therefore it is plain the humor of the Gout shews itself, in it's peculiar malignancy, as bearing strong marks of it's affinity to the nature of poisons, and, pursuing the same tract, if they affect the nerves and tendons of the human body, fo does the Gout; and is the cause of those excruciating pains attendant on the Gout, owing to it's preying on the nervous fluid. What that nervous fluid is, I shall explain by considering the difference there is in the liquids that belong to the human body.

In the Cyclopædia, or Dictionary, on the word Animal Spirits, the following explanation is given:—
"Animal spirits are a fine subtle juice or humor in animals bodies, supposed by many to be the great instrument of muscular motion, sensation, &c. The ancients distinguished spirits into three kinds, viz. animal, vital, and vegitative; but the moderns have reduced them to one fort, viz. animal; about the nature of which, and the matter whence they are formed, great disputes have arisen amongst anatomists, though their very existence has never been

" fairly proved.

"In the History of the Royal Academy of Sciences in Paris, Ann. 1759, there is an ingenious memoir on this subject, by M. BERTIN; he undertakes to prove that the nervous sluid, or animal spirits, circulate; that if they depart from the brain, they

"return to it by the nerves; in short, he proposes to form the course of this stuid into a system of circulation, less demonstrable indeed to the senses than that of the circulation of the blood, but in other respects grounded on equally solid reasons.

"As it is hard to define what could never be brought under the judgment of our fenses, all that we shall here offer concerning them is, that they must needs be extremely subtle bodies, which escape all manner of examination by the fenses, though ever so well affisted, and pervade the tracts of the nerves, which yet have no discoverable cavity or perforation, nor could ever, by any experiment, be collected, yet are constantly moving in vast quantities, as they must of necessity be, to perform all those mighty operations which are ascribed to them. However, the antiquity of the opinion claims some reverence.

"By the help of these spirits we are furnished with a vast number of precarious solutions of great phœ"nomena; and without them we must leave a great chasm in the philosophical history of animal bodies.
"But, after all, the phænomena that would in this case be unexplained, are, it may be to us, inexplicable.

"They are supposed to be separated in the brain, 
from the subtilest parts of the blood; and thence 
carried, by the nerves, to all parts of the body, 
for the performances of the animal and vital functions."

As the author of the above quotation seems to doubt the possibility of producing satisfactory proof of the existence of these spirits, I shall draw a comparison from the vegetable creation, in which, if we can prove to a demonstration, of different sluids existing, and possessing power superior over others, in the same plant, I do not see how we can hesitate to allow the same acting in our bodies; let us try the experiment analogically:

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Animals, and plants composed of various parts, have several fluids, appropriated to each distinct office to cherish and enable them to exercise their proper functions, two of which particularly claim our attention, and are so closely connected with each other, that should either be drawn off or injured, not only diseases and decay would ensue, but a total deprivation.

sooner or later, of life itself.

The first and most essential fluid in man is the animal ather, which, from it's peculiar quality of oiling or lubricating, is termed the NERVOUS FLUID, confifting of the finest spirituous volatile particles we can possibly imagine, not seen, but most admirably dispersed over the whole body. In fine, as the beart is the center of motion to the blood, in like manner is the brain the center of motion to the nerves, containing the

principles of health and life.

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The second vital fluid is the blood, composed of aqueous, gelatinous, sulphureous, and terrestrial parts. the latter of which, while it exceeds the other three in quantity, falls infinitely below them in point of quality. These two different fluids cannot be better illustrated than by a reference to the plants of the field. which carry in them two diffinct fluids analogous to those contained in the human body, namely, the esfential oil, which corresponds with the animal zether; and the sap of the plants, which may be compared to our mais of blood.

All vegetables contain fluids, which confift of gums, oils, and refins. The two last, being acted on only by rectified spirits, I call spirituous, and take to answer to the nervous fluid in man. As these abound, so the plant is more or less tragrant, condensed, or preserved from injuries; insomuch, that fome plants, having this animatifig liquor to a great degree, are found to keep constantly green. The other liquor is the fap or gum, which is analogous to the blood, and is of an aqueous kind; and when proper menstruums are used for the purpose, they will act on the plant so as frequently to extract the one and not the other. To exemplify - If we take the green leaf of an herb, and steep it in rectified spirits of wine, we shall soon draw out all the green color, together with the oily parts; and the leaf will be left like a withered one, the folids appearing more plain and crifp, and to be eafily crumbled to a mere skeleton. It is bere I would call the attention of the reader to A TRUE EMBLEM OF A MAN AFFLICTED WITH THE Gout, the peculiar property of which is to prey on this unctious NERVOUS FLUID, without meddling, for some time, with the blood, as is plain from the effect; for as this nervous fluid abounds, so the bealth and frength of the person is enjoyed. It is, in fact, the preserver of all the solids, and while it continues to run freely through the whole body, every thing will be found to go well. But as the plant, when robbed of it's spirituous particles, is seen to die, fo man falls into diseases whenever this fluid is diminished, for it is the life and soul of man, and preserves him in a happy and composed state, giving him health and spirits, just the same as the vital oilous part noufishes and defends the plant. Now this fluid cannot be extinguished all at once, unless by instantaneous death, but may be impaired, as acids corrode, study consumes, excessive heat, venery, &c. diminish; passion absorbs; inactivity contracts and stagnates: And thus would the human frame foon go to wreck, were it not for the intervention of some relief. For which reason, an all-gracious Providence has benevolently ordered, that every animated being should have rest to replenish him with it, as it becomes, from time to time, exhausted. But if insufficient to repair the breach, the oily quality, as I have before observed, unable to defend the particular nerves, becomes exposed to the invasion of any humor, or heterogeneous matter in the blood or body, and falls a prey to colds, frights, hysterics, rheumatism, and the Gour, in proportion as this volatile fluid happens to be affected.

As this precious balfam, this lamp of life, this spirituous ather, for which no epithet can be grand

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enough, is but small, compared with the other parts that constitute the body, the diseases are but sew which sall immediately upon it, but more dreadful than any others. Hysterics is that which afflicts the woman, as Gout does the man, both incurring the character of nervous diseases; for most of the other numerous disorders that sasten on mankind belong to the blood and viscera, and vitiate the nervous sluids through their sides; and wherever it is found to be desective, whether in the eye, ear, brain, or elsewhere, uncommon

pain is fure to be the consequence.

To illustrate the comparison still farther. - Take a leaf and steep it in hot water till you draw out the gummy aqueous parts, and the leaf will appear more beautiful in color than when put in, because the terrestrial parts being drawn away, the fine oily ones, wherein it's color is proved to consist, are preserved pure. Thus it is that trees, having a larger quantity of oil and refin to keep them in cold and tempestuous weather, appear green all the year round. The more oil and refin too deposited in the vegetable, the more stout and durable it will be. So in MAN, the more he has of this spirituous nervous fluid, the stronger he is, the nerves and all the folids deriving their nourishment from this invigorating article. Thus the reason will be easily adduced why that part, in which it is wasted away, should be felt to suffer so severely as it does, whether it be in the foot, stomach, brain, or bowels. As no one can conceive how exquifitely fine the fibres that compose our bodies are, so the æther which supports and nourishes them, must be of a superlative nature, incomprehensible and inconceivable to corporeal matter, for nothing less than a full demonstration of fuch volatile fluids existing in our fabric, can account for the acute pains experienced, when they are affected by poisonous vapors.

These are the noble parts of the human structure which this chief of dileases seeds on, nor is he less delicate in chusing his objects of resentment, even to a proverb; long has it been remarked that the rich,

the studious, the voluptuous, persons in high stations of life, honored with important trufts, often fall a victim to his unbounded voraciousness, in preference to the laboring Hind. His manner of attacking is different from other maladies; they often dart, and kill at once; fome indeed make regular advances, and retire, leaving the patient a certificate as a pledge of their re urning no more; but this monster displays his subtilty, by first raising apprehensions to terrify the objects of his spleen into his toils, then leisurely fetters and confines them as state prisoners in their chambers; if they are indulged to go abroad, his hadge accompanies them; if they murmur at their irksome situation, a mirror is displayed, which represents to the fufferer's view a number of his flaves, whose only comforts confift in making comparisons, congratulating one another, and patiently wait for their release. -Thus, whilst the attention of the afflicted is drawn off, and deeply engaged to difentangle their hands and feet, the tormentor is busy in sapping and destroying the fountain of life, being determined to kill at the laft, in order to compleat his number of yearly facri-

Let no one imagine I assume a levity in treating of this malady, being too well convinced we fall short in solving this Gordian knot; for, after all our labor and researches, dissidence will best adorn the page of the inditer, whose wish centers in an affectionate desire to rouse the attention of the assistance, to use their own reason, nor let any longer idle tales\*, propagated by

No diforder, perhaps, requires greater care, or more judicious treatment, than the Gout; and none to which so little attention is paid. The general notion, which people have so strongly imbibed, that the Gout is incurable, has, by the countenance received from the writings of many of the most celebrated and able physicians, raised such a strong prejudice in the minds of the generality, that they are totally deaf to all reasoning, lost to all hope; and so firmly persuaded that no resief can be expected from art, and that the whole must be left to the work of nature alone, that PATIENCE AND FLANNEL are become quite proverbial among the the ARTHRITICS. In consequence of which, it is amazing to see

error and ignorance, remain as a bar to this hydra's cave; whole fort, I do not scruple to say, is not impregnable; his beginnings may be traced, his various intricate windings unfolded, and, if not totally subdued, may be withheld at a distance, so as to render life comfortable.

That the feet and hands should be the particular sufferers, creates no surprize, it is a matter of course; our fluids, like many others in the world, are only moved by certain degrees of hear; thus that heat which will cause lead to flow has no effect on filver, and there must be a warmth to keep the blood in cirulation; in the fluids in the human body there is a certain heterogeneous matter, of a fluggish nature, which requires a greater heat to dissolve and raise it than others. Now as the feet and hands are at the extremities of the body, they do not retain the heat in equal proportion with the rest, therefore only the finer or more rarifyed blood is returned back, and the dead inactive matter is chilled and left behind, and forms that unnatural morbid offspring which is the parent of those obstinate swellings called nodes, CHALK-STONES, &c. Is not this chalky matter analogous to the fourf that we fee thrown off the body in leprous cases? Or, is it not formed like extracts in pharmacy, as liquorice, by evaporating the water away till nothing is left but the hard cake? Whereby the fine fluid is drawn off by the heat of the body, and the humors left too thick to be affimilated and carried through the proper emunctories or pores of the skin. And again, if we consider with how much difficulty the liquids pass through those parts which are generally first attacked, we shall not wonder why the Gout should be felt in the feet, since

what pains the patients take to increase the inflammation, by wrapping up their feet in wool. On this occasion Sir WILLIAM TEMPLE jocosely said—"They make much of the Gout as soon as it "comes, and yet leave not making much of themselves too; they

" they give out that the Gout lays them up."

<sup>&</sup>quot;take care to carry it presently to bed, and keep it safe and warm, and indeed lay up the Gout for two or three months, while

they fuffer so great a pressure about the heel, and have ing the weight of the whole body to fustain, as well as being far removed from the heart, the fource of circulatory motion, are subjected to cold and moisture; and the liquids too, brought down to them through the arteries, ascending through the veins again, have the general effort of gravitation to overcome; all which most plainly demonstrate how easily matter of one kind or another may be retained and collected at these places. And if, at the same time, we take into our confideration the number of ligaments, tendons, and other parts, which from anatomical injections appear to have vessels of incredible minuteness, we shall readily comprehend how so great a number of obstacles occur against a free circulation of the humors; for that it is a humor which occasions the pain is beyond a doubt, and though we commonly feel it in the great toe or foot at first, yet it is indisputable that the cause must have pre existed in the body, so that the pain which rages and burns in the foot is not the Gout, but the effect of the bumor thrown on the feet by the laws of gravity and force of nature \*, and therefore it is that the whole weight of the humors being there aggregated, and made to fall on the ligaments and articulation of the bones, are felt to twitch the nerves and tendons so exquisitely, as to be comparable even to the gnawing of a dog, and fometimes to cause such a pressure on, and contraction of the membranes of the part afflicted, that not so much as the weight of the cloaths, nor yet the flaking of the room from persons walking brifkly thereon, can be patiently endured.

Having thus endeavored, I hope with some degree of success, to describe the disorder comprehended under the appellation of Gout, it is now incumbent on me to enumerate what are the principal and the incidental causes of that malady, which I shall proceed to do, with such

observations on each as my experience affords.

<sup>\*</sup> To prove this affertion we need not go far: If a horse is kept in a stable, and fed well, giving him little or no exercise, you will foon observe his ancles instame, swell, and become gouty.

Boules, I rather think the field offe

## The Cause of the Gour.

IN the catalogue of incidents which has been remarked by eminent writers on this subject, as having an immediate tendency of breeding the Gout, there are many enumerated which I shall not notice. Exceffes of every kind cannot be deemed as caufing the Gout in particular, but that they weaken the human structure is certain, and thereby leave it an easy prey to the first accidental disease that follows. The important question remains, how the Gout is absolutely produced? which, if we are to happy as to discover, will be a valuable acquifition, and more fo if in our power to frun fo great an enemy. In this important enquiry, it will be necessary to consider our food, whether of meat or drink, and particularly wines, whose acidity has been complained of, also the disposition of our bodies our inartention how far it is infectious

or whether it can be proved hereditary.

That a few authors have afferted it may be, and has been obtained by infection, must be acknowledged; that feveral unaccountable phænomenons have happened, contrary to the course of nature, is equally true, but from these circumstances we cannot pretend to ground othe least shadow of an affertion that the Gout is infectious; nor do I know who would with to prove it fo, and, if proved, what an unhappy melancholy fituation would the patient be reduced to, by this additional evil: it is a lamentable fight to fee a fellow-creature crippled, and to hear his grouns when laboring under the acute pain is more to; if this was the fact, that it could diffuse it's malignant powers from one to another, who would be found fir ving to administer consolation or relief? The thought is so very contradictory, fo repugnant to nature, and teeming with milery, that I heartily reprobate it, and put my hegative to this abfurd notion, however graced with the names of a Hermonn, a Werlosennice, and a . Let berrages to Boret. BOYLE\*; I rather think the first circumstance which has countenanced this notion, to have arose from some accidental cause very commonly met with; a partner in life, or near relation, by long watching and close confinement with the sick, naturally contract gloomy ideas, joined with anxious hopes and fears for the welfare of their friend, which affects their health, so as to require the assistance of a nurse and doctor themselves, and, on which account, have been induced to

fancy they have caught the disease.

I am not willing, in this tract, to facrifice my judgment to any author, however dignified and famous for his remarks, unless they agree with reason, and have a better foundation to build on than mere opinion. I have never met with any fymptom in the Gout but what may be naturally accounted for, therefore the reader must not wonder if I treat even the heirship of the Gout as little better than ideal; he has long reigned, spreading his branches with terror, which I shall be very desirous of lopping, and perhaps in time we may meet with encouragement to venture a little nearer to the main tunk .--The Gout also, almost to a proverb, is said to be hereditary; whether it be so or not is a point that has been considerably agitated, and still held suspended as a doubt with many of the Faculty. For my own part, and I have long revolved the question in my mind with every possible attention, I see no reason for acceding to the opinion of those who are inclined to think it conveyed in the blood of families. Indeed, there are so many cogent arguments and convincing facts to be advanced in support of the contrary, that it is really fomewhat unaccountable fo many names should be given in favor of so unsubstantial a suppofition. These sentiments I ever had, nor has any

<sup>\*</sup> To prove the fact of the Gout being infectious, Helmont relates a story of a lady sitting in her brother's easy-chair.—Werloschnige instances a man wearing the boots of a gouty person.—Boxle of a dog lying at the assisted's feet. Evidences easily resulted or accounted for.

thing yet occurred, in the whole extent of my reading; to shake them in the smallest degree, much less to render me a convert. On the other hand, the reasons assigned by some for taking the doctrine under their immediate sanction, has rather tended to six me the

stronger in my opinion against it.

As a proof of it's hereditaryness, it has been asferted, that it does not always purfue the fame course in attacking the fon, but lets him go free, and the grandson shall be the victim; this indicates the chain is broke. That children from aged or fickly parents are not fo strong as when proceeding from young and healthy ones, cannot be disputed; but in the case relative to the Gout, the parent suffers many years after the child is born, owing to his decay of nature, or other visible cause; and there are many who have been faid to die of the Gout, whom vexation more properly might have been applied as the cause, lying at the heart, thereby hindering all the powers from moving in their proper sphere. It gives me pain to hear persons affent to fuch foolish notions; we are all undoubtedly heirs of mortality, and our whole life, as tending to decay, may be faid to be one continual disease; for thele reasons I will not allow of the Gout being hereditary. In order to illustrate my affertion, let us suppole a man, very much afflicted with the Gout, has three fons, the one he brings up to an active mechanic business, the second to divinity, and the third to the law; now will all these have the Gout? or which is most likely to have it? temperance and prudence are supposed to preponderate in each. I say the mechanic is not likely to have it, on account of his active employment; the divine has a fair chance for it, as his profession is not to active, and being of a studious sedentary cast; the third, who is bred to the law, may, from the intricacy, the perplexity, the affiduity, and very close application to writing and study his eccupation requires, more than that of the divine, is a character wherein the Gout may naturally be looked fora for, and it is almost twenty to one he escapes; had the third fon been bred a mechanic, and the first to the law, then, vice versa, it would have produced the like circumitance: Now will any one fay that he who is brought up to the law, has it merely because his father had it? I trust not; and this accounts why intense or over study in the intellectual pursuit of favorite objects, stands a very common occasion of the Gout, a melancholy truth too well established by the facrifice of many a valuable member of the more learned part of the community, to be at this time of day called into question. Wholly absorbed in the contemplation of the work before them, the studious pay little or no regard to diet, fit up late at their nocturnal lucubrations, neglect all manner of exercise, and, by an unremitted fuccession of thought, strain the nerves of the brain, till a pain of the head is produced, in the fame way as the nerves of the eye become strained when looking too long through optical instruments; for that volatile fluid which is ordained to cherish and oil, as it were, all the nerves, and particularly those of the brain, hurried by this conflant study, is evaporated, and thereby leaves the nerves bare, so that pain and weakness experienced in gouty and nervous complaints may be expected. In allowing this no difficulty can possibly fublist when we consider, that upon desisting from this intense thinking or vexatious state of mind, whatever inconvenience may have been occasioned in a little time will ceafe.

Another observation I wish to make is, whether infants who suffer with the rickers, which particularly affect the hands and feet, (the cause we know to be for want of proper attendance and exercise) may not be said to have the Gout in miniature; does not this circumstance throw some light on our benighted enquiries, and prove that there are two sorts of Gout, the one a nervous one offending the body in general, beginning in the stomach, the other proceeding rather from inactivity, affecting the seet and hands only of the person whose

whose constitution is otherwise strong, and will digest any food or drink he takes without meeting any inconvenience on that account?

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THEORY OF BAK SHEW MAY ON A'S

#### On DIET.

IN the prudent use of this important article all mankind are interested; on this depends, in a certain latitude, any ease or felicity that may be reasonably expected. There are two predominant passions, equally irrefistible, implanted in our nature, the one to preserve ourselves; the other our posterity, each of these has such strong incitements, such prevalent propensities to indulge, even to excess, in the charms of it's object, heightened by pleasures easier to be conceived than expressed, that nothing but a decay of those faculties, or an extinction of life, can make us with to forego the extafy attending on them; each has it's allurements, and scarce is one passion gratified but the other is thought of, so desirous are we to communicate whatever is found pleasing, or tends for the good of society. However conducive these passions are to our entertainment, our preservation, our happiness, they must be governed by the tree of knowledge, springing up in every one, called reason, otherwise a general anarchy ensues, and sickness, with all it's infirmities takes place, fucceeded by untimely death. That many errors indiscriminately arise, for want of better judgment relative to our diet is certain, and how to steer in an even course, that we dash not on either side of the extreme is a nice point; hurried on as we are by our imagination, our active volatile powers, that constant desire of experimentally knowing good or evil, requires the wisdom of a superior being, divested of such wants we daily feel, to direct and determine. Volumes on volumes have been written on the subject, some declaiming against this food, others that, as encouraging peculiar diseases, without shewing good cause, which I 2

only mislead, for nature is nature; constitution, that varies as much as one face from another, will be a bar to certain invariable rules for our conduct; nature is ever ready to point out, and constitution best determines what is sittest for it's nourishment and support, To this guide let us pay due attention in the following observations:

The human body, supported as it is in it's functions by nothing but a perfect equilibrium of ascending and descending powers, cannot incessantly exercise those powers as it does, without suffering, at the same time, a continual, a necessary, and an unavoidable waste thereof: This waste is manifested to us by a sensai can to which we have given the name of Hunger; and it is this sensation that prompts us to introduce into our machine such materials as may contain, according to the constitution and sabric of each species, the particles proper to supply the deficiency occasioned by the aforesaid waste. Hence sood, it's necessity, and the natural tendency every animal has to imbibe it, becomes apparent to the slightest effort of the understanding.

The feeming, and the wonderful fagacity every individual discovers in the choice of the materials which best fuit it's constitution and conformation, might here, and that too with no great impropriety, be elevated with those decorating terms into which many of our authors have run, of direction, instruction, inspiration, or wisdom implanted by nature in the stomach, but which, indeed, is nothing more than the mere effect of that irrefiftible tendency, which divided homogeneous particles have of uniting together; from which it is plain, that there must exist an bomogeneity between the parts which constitute the sheep and the grass of the fields, and invertedly, there must exist also a perfect beterogeneity between that same animal and the roasted or raw fiesh of an ox, or that of a turbot; since, greedy after the one, he lances towards it, and thrives upon it; while, averse to either of the other fort of food, his repugnance to it is so strong, that you might see him waste absolutely to death, should you put before him

nothing else for his support \*.

The chymical diffolution of that food in the pocket of the stomach, and which we know by the name of digestion, produces a resolution of it into it's distinct. separate, primordial, and originally constituent parts; whence the fubtile ones, which are homogeneous with the fabric of the animal, pass into it as supplies and recruits, to repair the waste occasioned by the friction refulting from the exercise of it's powers; and the coarfe, useless, component parts, which served only to the configuration of the food, are thrown out as excrements. The continual and uninterrupted exertion of those economical functions, or actions of the powers, inceffantly wasting, and as inceffantly recruiting, in an organical body, is what is understood by the word Life.

From this succession of observations, we seem naturally led to admit of a conviction, namely, that the least erratum in the quality or quantity of the new and fresh particles re-introduced into the human frame, for supplying the deficiency of the wasted ones, must unavoidably be productive of great irregularity and difcordance in the movements, functions, and operations of the machine; which discordance, if not timely rectified, must disorder or destroy it entirely. Now, improper aliments always produce that erratum, the fruit of which is that very discordance in the operations of the engines of our fabric; or, in plainer terms, the diseases and disorders to which the dominion of man seems pe-

culiarly subjected.

VISIDA

for Job Till The comparative view of the natural, steady, and persevering healthiness of brutes, with the variable state and ailingness of man, seems to bring in this curi-

Led by fagacious taste, the ruthless king Of beafts on blood and flaughter only lives; The tiger, form'd alike to cruel meals, Would at the manger starve.

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ous and very interesting question: - What mode and fort of food is proper for man to use to preserve that freedom of his faculties in the same degree, as on obfervation we find they experience? The answer is foon found, which militates against us; the brute creation, when impelled by hunger, fearch for food, partake until nature cries sufficient, then they retire to digest the al ment which satisfies, until the sensation of hunger calls them forth again; they eat to preserve life; man often, to please the palate, sacrifices his health by trying a thousand expedients to give a higher relish to his food, which opens a fluice for innumerable complaints, but more particularly the Scurvy, Gout, and fevers. The poor in the country, by their manner of living, which comes the nearest to that of the brutes, is the reason why they enjoy their health better, and live to an old age. To enter into a microscopical serutiny of every article of our diet, and shew how all our food may harbor poisonous matter, or how it is adulterated, is reducing us to a dreadful dilemma, equal to Damocles, who, when he fat at his meals, had a tword hung over his head, with the point downwards, fuspended only by a hair; or, like Sancho's fagacious physician, in the island of which he was governor, found fault with every dish, and had it removed, as productive of some bad quality, thereby endangered his excellency of being starved. For these reasons, I shall consider our constitutions, and those species of food which are commonly profcribed, as favoring the increase of either the Scurvy and Gout, which are contained under the following denominations, viz. acids, wine, punch, tea, butter, fat and falt meats, high feafoned food, &c.

Before we examine our evidences to prove these are enemies to the nature of man, we must first enquire whether all persons do reprobate this fort of food? No, far from it; for there are perhaps as many thoufands with whom it does agree, and is much efteemed. Then what is the reason why those ingredients, which take in so great a latitude of our diet, are thus so generally nerally prohibited, and that by the faculty, demands a ferious confideration.

Man is supported by one continual chain, each link confifts of a contrary to the forgoing, for whether we consider him in his infancy, manhood, or old age. whether he relides in the northern or fouthern climate, he will find that that food which supports him at one time of life, or in one country, in another would prove infipid, and inadequate to continue his existence; or in one age what would seem too hot and fiery, in the more advanced part of life will be found comfortable, and in some measure supply the defects of nature. The same reflection will hold good in whatever part of the globe we travel. where we shall perceive different species, different manners, different viands, different customs and commodities, all proclaiming the wisdom of the great Donor. So that I efteem it a very foolish absurd maxim to lay a general prohibition against any particular aliment, and have feen much harm done thereby; I know from whence this evil has fprung. There are two adages made use of in common, viz. "One man's meat is another's poison;" the other, "He that lives physically lives miserable;" both equally true: For there are two distinct constitutions existing, very common to be met with, preponderating in each individual, which I shall distinguish by the epithets of a strong constitution or a weak one, a hot or a cold one; and it is for want of this knowledge, relative to these matters, that mankind fall into repeated errors, thereby rendering their lives miserable. For it is evident man is a machine which requires a conftant supply, otherwise this wonderful movement ceases to display that vivacity and superior talents which he possesses, and finks into an inanimated tump of clay. There must be particular materials selected which will readily mix, and from which his stature is increased, or his being supported; there must also be a receptacle to deposit the matter intended for his nourishment, and that matter must undergo various chymical mical operations, perfectly agreeing in the veffel of digestion called the stomach, which is the receiver and the first digester of our food. And it may be proper to remark, that there are three digestions, the first in the stomach, the second in the blood, and the third in the capillary veffels; there are likewise three emunctories to answer them, namely, by stool, urine, and fweat, so that the whole aliment must be evacuated or fecreted through the one or the other. It is also necesfary to observe, that to dissolve the same, there should be a certain degree of heat, not to exceed in either extreme, which would act the fame on the human body as in distillation; when, if the fire be too small, the steam containing the pure part or effence of the liquor, carnot be brought over; while, on the other hand, if the fire be too fierce it forces over the ingredients, and fpoils the operation; this will explain the difference of constitutions: in some persons the food will lie heavy and inert, owing to a coldness of the stomach, which causes pain and oppression; this accounts for the complaint old people experience in a discharge of phlegm, ariling from half digested victuals, for want of a proper heat and strength in the organic powers of the ftomach, which as they decay, the phlegm increases in confiltence nearly equal to glue, and thus the small vessels, wherein lays the strength of man, receive not their customary necessary supply: in these cases something warm, either of a vinous, spirituous, and sometimes of a purgative nature, should be added to assist digestion; in others, whose constitutions are over hot, the contrary complaint will occur, for the aliments being disfolved too quickly, or rather torn in pieces. and the coats of the stomach relaxed, the food, by fermenting too hasty by over heat, is changed into a four mass, which causes uneasy sensations. Homach therefore, judging it improper for the nourilliment of the body, casts it forth without straining, frequently with an acidity verging in it's nature to those poifonous corrofive acids which eat and destroy almost every substance they come near. In the case under our prefen

prefent confideration, I think, without prefuming too much, I can explain the effects clearly, and account for all the maladies experienced arising from this circumstance. Persons, on finding their food to be thus troublesome, are desirous of hushing it by a drain or cordial; &c. this renders the evil worse, for the stomach; already relaxed, by the additional heat of spirituous liquors is rendered still more so; this is the reason why the food is ejected without affording due nourishment to the body, and gives rife to that languor of which nervous persons complain bitterly, and is the cause of headachs, and other hypochondriack symptoms, deemed by some wind; therefore persons who are subject to this tendency, will find butter, foups, boiled meats, much drink, especially warm, also punch, or spirituous liquor, are diets not so proper for them; whilft, on the contrary, abstinence, salted, smoaked, roasted victuals, with little drink, and that cold, to brace and strengthen the stomach, will be found applicable for their nourishment, and agree with them who in general are in better health in winter than in fummer. On the contrary, those of a strong constitution, whose stomach is cold, may eat butter, fat meats, broths, wine, punch, &c. because they relax, and are friendly to their habit of body. Those persons who have a strong constitution\*, and as good a digestion,

<sup>\*</sup> A good constitution is made of a proper proportion of alkalies and acids. Wherever one of these two qualities is predominant in a body, it is what we understand by a weak constitution; because there will be one fort of aliments which, disagreeing with the stomach, will not digest, but hurt it; and that stomach will be said to be poor and weak. But, in such a case, was that person only to enquire into the nature of that sort of aliment he sinds disagreeing with him, and whether it be of an alkaline or of an acid quality, he would soon find the disagreement to be owing to nothing but his constitution happening to be precisely of the same quality with that sort of food which most disagrees with him. Whence he must conclude that, by using other sorts of aliments of the opposite quality, and consequently contrary to that which is predominant in his constitution, they certainly would agree persectly well; because, in the dissolution they are to undergo by di-

not meeting with any impediment in the first passages, are apt to over indulge themselves, and thereby force a greater quantity of crude matter than the second digestion in the blood can manage to any good effect; so that patients of this kind, by so doing, have little or no advantage over others, whose stomachs are more delicately made, and feem to be on their guard not to admit all that a vicious palate would swallow. These last are subject to the Gout in the stomach, and other nervous complaints; the other, of a strong tem. perament, are more subject to the Gout in the feet; both constitutions are liable to the Scurvy without an exception. The uneafiness frequently arising from our food, makes us defirous of discovering whatever impropriety we labor under, either in the preparing or distributing of it. Intemperance of every kind is hurtful, and it is well known the body consumes but a certain quantity; a certain supply of fresh matter is proper to keep up the equilibrium of the body, and which quantity the stomach will digest. The question then ariles, Do we not exceed in the number of our meals? It is recorded that the Romans made but one meal in twenty-four hours, and that at night. Let the ITA-LIAN change his climate for a northern one, and then

gestion, they would furnish that fort of quality which is most desicient in his conflitution, and thereby counterpoise the predominancy of the other. And thus it is, that by a proper and watchful attention to the effects our aliments produce in us, we might fave ourfelves a great many diforders to which, for want of it, we become a prey. For this is the real and only reason why we find some people who shall be fond of lemons, oranges, currants, goosberies, vinegar, verjuice, punch, lemonade, &c. &c. while others will dread nothing so much. The former are evidently of a predominant alkaline, and the latter of a predominant acid conflictation. By the word alkaline is to be understood an opposite tendency to an acid; as fixed falts, such as falt of tartar or wormwood, which when joined with the juice of a lemon, ferments; or milk with scids coagulates; also when persons are feverish then are they in an alkaline state, and require the free use of acids; all forts of meat, as they haften to putrefaction, are alkaline; also greens, as catbages, &c. and there are many vegitables, which come under the neuter gender, neither alkaline or acid; whilft, on the contrary, fruits and wines are acids.

judge if one will be sufficient. I do not say four meals a day are necessary, as is customary; custom is a tyrant which hath enflaved us in many things contrary to our reason and experience, for custom has established noon as the proper time for the chief meal, whereas, in feveral respects night is judged best. The reason for giving the preference to night is, that the stomach should be at work whilst the other par's lay dormant, and the natural propenfity to rest seems to indicate as much; a rule which is constantly observed by other animals in the field: it has also been quoted how many eminent ingenious men have been able to discourse wifely on intricate subjects before dinner, and after scarcely comprehended what they had explained before. The FRENCH, and those who inhabit the WEST INDIES. make their principal meal at night. The merchants in LONDON act prudently in protracting the hour for dinner until the important business of the day is dispatched; and any one who wishes to consult either the doctor or counsellor, in any matter that materially concerns him, will do well to choose the morning, for meat has the same effect as drink, the stomach being over pressed hinders the free circulation of the blood, and forces it into the face and other extremities of the body, and occasions the lifeless motion observed after meals; also the fumes ascending into the head, cloud the faculties the same as strong wines, &c. which stupify. How far night may be best for all constitutions to regale themselves, and leave off dinners, experience only must determine; but for persons who have a weak stomach, they should particularly make their chief meal at night, eating but little in the day, and it will agree best, and be no hinderance to their rest, for the least motion in the day time, after meals, difturbs the food; also if they drink much it causes fuch uneafiness that they cannot rest until it is thrown off the stomacn. Allowance, in all cases, must be made for constitutions, climates, emergencies, &c. therefore we must not leave this subject; without making this prudent and rational reflection. First, That people should be more cautious in recommending certain diets or remedies to others, on that fole ground that they themselves have received great benefit from them; and without being previoully acquainted with their natural quality, and that of their own constitution; for they may very well fail with others, although they have fucceeded with them, and that by the fole reason of the difference of constitution. In the second place, and by the same parity. of argument, we must not, therefore, wonder so much as we are apt to do, at the little or no benefit we derive sometimes from prescriptions, of the medical op diet kind, we receive from our friends, to whom, notwithstanding we know it for certain they have done good, in a case similar to ours; nor blame, at other times, those same friends, and impeach their good intention, for having recommended a thing to us as of fervice and benefit in that particular case, while we ourselves receive none at all, nay, even a real hurt fometimes, instead of the good we expected; because it is incontestible that the difference of constitution is the fole and only cause of that failure of the prescription with us, bonde six to nounturing him extraribunal be

## WINE confidered.

AS the very name of wine conveys something pleasing to our ideas, it is with reluctance we enter into a discussion of the evil effects laid to it's charge as producing the Gout. How far a liquor held in so great esteem can be capable of such a vice, must be examined. In the praise of wine history, both sacred and profane, in all ages, has been lavish in it's commendation. A corevivial feast would seem gloomy and insipid unless graced with the sparkling goblet, and such are it's potent charms that it banishes care, and bids the despairing wretch be happy; at other times it is poured out in libations to cement the bands of friendship. If it can be proved that, instead of being a solacer to man, it has only assumed the cordial mask, in order

the better to practice the iniquitous treachery of deftroying him, man should not only cease his care to cultivate it, but tear it up by the roots with indignation.

Judges, in all cases, do well to remember that excellent striking motto which graces the Chamber in the city of London, Audi alteram partem. We are too apt to imbibe unfavorable notions from present effects, without tracing the cause, and ever after retain a prejudice against the ingredient we suspect the author of our fickness or that of another's, thereby living in constant fear, and fuffer in reality what we dreaded only in idea; for this reason I treat on diet different in some respects from other medical writers, only examining fuspected aliments, which are good of themselves, but through abuse, or defect in our constitution, or of judgment, render them improper for a feafon, and on this circumstance are often laid aside totally; and evils are attributed to them, not in their power to bring about fingly; it is scarce possible to find any article of our food but what, at one time or another, has been found inconvenient, and greatly complained of .-Here wine is by many particularly objected to by reas fon of it's acidity, thereby encouraging a nervous disposition, or the Gout. That providence has supplied every country with it's proper aliment, on which, were the inhabitants to confine themselves to the use only, perhaps life might be continued longer. In this extensive delightful garden of EDEN, stocked with a profuse variety of eatables, we naturally wish to take and partake of all that is found pleasing to the fight, and agreable to the palate; in this wish centers the main ipring of our trade and commerce; for this purpose we see the busy tribes passing backwards and forwards, croffing defarts and feas, mutually changing the product of their country, amongst the rest wine, as it contributes to trade, to entertainment, to medicinal uses, employs the notice of man in an eminent degree. How wine comes to be centured on account to does and takes up a part of the leader particles, which as

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of it's acidity is easily demonstrated, from a similar cause which has raised the chief objection against all those articles of our food, viz. a weak indisposition of flomach, relaxed by heat, for as to it's acid qualities they are it's greatest ornament and best commendation, for what is fruit without it? or rather what should we be, or where is the wine found defective of this characteristic? not in those wines who assume the cloak of sweetness to the taste, they are in their digestion of a more tenfold acid nature, and less friendly to mankind, as they quickly pall the stomach, and bring on a loathing; whilst the others, when in their proper state, refresh and enliven the faculties, if taken in moderation, but when abused, like other bleffings, leave a sting in the facrilegious hand who pours it out in wantonness. Wine has not been upbraided merely on it's acidity, because that is found agreeable to many persons, but that, regardless of constitution, it often proves to be prejudicial, not only favoring the Gout, but other pains in the body, not arising from wine merely as wine, but from the adulteration and poisonous ingredients, such as arsnic, litherage, lead, allum, floe juice, and a greater quantity of spirits of wine than it requires, made use of with an intent to impose a spurious fort, or to fine or correct it; for this reason, and a good one it is, must be allowed that phylicians and others have cenfured and charged the vintners, and those concerned in the foreign and home trade, as injuring the health of their fellow-creatures. It is much to be lamented this affertion remains undecided, each party being engaged either in denying or infifting on the fact. The properties of arsnic are well known; lead, taken internally, stands confessedly a strong poison, and has been proved to demonstration of being the cause of the Devonshire cholic, owing to cyder standing in leaden vats, or in earthen pitchers glazed with lead; a great quantity of the lead ore I have feen used for this purpose at the potters in BARNSTAPLE, DEVONSHIRE. The acid corrodes and takes up a part of the leaden particles, which cause

cause those pains in the bowels. How cautious every one should be who are concerned in the culinary method of preparing our pickles and preserves, wherein vinegar or other acids are used, that they should well examine their pots, jars, and pans, and also saucepans made of copper, or lined with tin; and whether it may not be owing to a fimilar circumstance that the cholics in the WEST INDIES. and other parts of the globe, terminating in paralytic affections, prove to painful and often tatal. That there is a difference in flavor and in effects of the same denominated wine, independent of constitutions, I believe no one will contradict; and when after drinking wine, though in a moderate sense of the word, we experience cramping pains shooting a-cross the hands and feet, attended with paralytic weakness, have we not then reason to suspect the genuiness of the wine; and the thoughts of unfair mixtures are too deeply riveted in our minds to be easily erased. That wine, in it's native foil, is hard to be procured genuine, has been an observation of many intelligent travellers; history abounds with complaints of this nature, and of the tricks made use of to impose on mankind, nor has there been wanting penal laws in this country which have been inflicted with rigor to deter others from such illicit practices so dangerous to the commonwealth \*. There are other material queftions to be considered, viz. how far wine is adapted and agreeable to our nature, and whether it does not contain particles foreign to the human œconomy, and which cannot be affimilated to the texture of our bodies, nor form a fluid of proper temperament for the preservation of life. All wines abound with a tartarous spirit, either natural or acquired; we are sensible how easily the small addition of heat, added to our natural warmth, increases to burning heats, known by

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<sup>\*</sup> In the year 1427, in the reign of HENRY VI. JOHN RAIN-WELL, Mayor of London, caused one hundred and fifty buts of adulterated wine to be flaved and thrown down the streets. STOW's Survey of Landon. P. 255.

the appellation of fevers: therefore wine being of a spirituous quality, in difeases that are inflammatory, the acrimonious humors are increased by drinking these liquors, and fo far they may be faid to be fuel for the Gout \*: and it has been noticed that many persons who have been free in the use of wine, have suffered with the Gout, but on leaving those liquors off, have gradually recovered their health. The FRENCH, who are not insensible to the native charms of their own wine, feldom ever drink it without adding water; also a custom which prevails here, of drinking it after the cloth is removed is not practifed there; when the defert makes it's appearance wine is banished. The DUTCH. whilst beer was their chief drink, were strangers to the Gout, but when wines were introduced to their tables, they were no longer exempted from that cruel malady; for this reason, drinking wine intemperately, or living in the constant use of it, is to be carefully avoided + by those who would not provoke such bitter enemies to their health, while malt liquors are found not to have that tendency in bringing us under such misfortunes. From these observations the afflicted. who think themselves injured by wine, will do well to consider their constitution, and drink less, or mix it

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Though a pure acid is feldom found alone, and unmixed in the bodies of animals, a tartarous acid may fometimes, though not always, be a cause of this disorder, since nothing destroys and coagulates the mucillage of the joints more than an acid falt of tartar; nor can fo great a change, or fo strong a coagulation, be produced by the most powerful acids, even the oil of vitriol not excepted. Hence wines that abound with tartar are by far the most apt of any to bring on arthritic diseases. Wine too, to pursue it still farther, deposits a sediment on the sides and bottoms of casks, of a hard tartarous nature, and all vessels and pipes will be furred that have any fluid conftantly running through them. It is very unlikely, therefore, that fluids of different or opposite kinds should be perpetually circulating through the thousand minute tubes which compose the anatomical part of the human body, without wearing, obstructing, and destroying their use; and that when this is the case, we shall eafily perceive how wines, immoderately taken, must of course act on our hodies in producing the Gout. † See Van Swieten's Commentaries.

with water, as they find convenient, and not give way to the pressing and ill-judged importunities of friends to drink more than is agreeable.

#### On a Liquor called PUNCH.

THIS favorite liquor, in our country, is particularly objected to by persons subject to the Gout, even to a proverb, as having an immediate tendency of producing it, by reason of the acid made use of in the composition, whether it be of the lime, the orange, or the lemon: there is fomething agreeable in each of the ingredients which catches our attention, and impresses a favorable idea on our minds, and this may be owing to a circumstance that we are well acquainted with each article in the mixture, and have no occasion to dread. either lead or arinic, as being used in this liquor to give it additional flavor, or to fine it. Had the objection been made fingly against punch, by the weak constitution subject to the Gout, they had been justified; but when man's partiality shall carry him so far as to condemn one ingredient only, namely the lemon \*, and stigmatize that fruit as being the author of those ills he experiences, merely as being an acid, without enquiring farther, is committing an act of injustice to himself, and of ingratitude to the planter of the fruit. In this instance we may learn how little is to be trusted to superficial evidence, and the necessity of enquiring on what basis such and such food has been prohibited; and in no case can I produce the like egregious mistaken notion as in the present under our consideration, of confounding, without distinction, all forts of acids. whether natural ones, mineral, or combined by art. Let it be remembered there are two forts of acids, the one, which is nearly allied to mineral ones, readily opens a door for disease and death; the other, whose friendly tendency is to correct our fickly frame, and to preferve life. The first we breed ourselves, as has been already noticed, and is that acid we throw off

The word lemon stands throughout as including the acid of the lime and orange.

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from our weak stomach; this matter being of a peculiar corrolive acid, is the cause of much pain and trouble, fo that it is natural for us to dread every thing whose predominant quality is an acid taste; therefore lemon, heaven's best gift, fairest fruit, is condemned without so much as a hearing. Could we but give ourselves a moment's reflection, we should blush at the thought, and could not be infensible of the benefit these acids are of in the support they administer to man, to combat the heat of certain countries, and in which countries providence has displayed a father's care in furnishing them so plentiful, as spontaneously to reach forth their branches, and, by their beauty and fragrance, invite him to partake, and bid him live, otherwise both heat and climate, as in the WEST INDIES, would conspire together to bring the inhabitants to the grave with hafty alkalized strides, if not opposed by acids, such as are found in the vegetable creation. In long voyages, where the Scurvy reigns triumphant, threatening dissolution every moment, no sooner is the found proclaimed, on board a ship, of their being near a coast where these fruits grow, but joy sparkles in the dejected mariner's eye, who knows, if he can but reach the shore, these acids, freely eaten, will restore his pappy putrified limbs to a found flate. I would beg leave to ask, what fruit can rival the lemon in proving so great a strengthener of the body? or what fruit is so often called to affift to counterbalance and drive away a fever? In what fluid will you find the pleasing refreshing draught equal to that composed of the juice of lemon and spring water? When was this drink known to have fet your teeth on edge? When could it be proved that lemon caused the griping pain to the stomach or bowels? When had you reason to curse it as producing any of those dreadful acid eructations, and to cure which, what remedy is there equal to lemon joined with falt of tartar, as in the faline draught \*? Let those who are troubled with a fætid

<sup>\*</sup> Whenever occasion requires the use of the saline draught, let the stomach be cleared from the soul acid matter or froth first, and then drink the draught.

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breath use lemons in their drink, as a corrector: lemons, as if conscious of their own superior virtue, feorn to mix, on friendly terms, with other base acids, fuch as fugar. If these are remarks deduced from experience, and we must confess they carry strong evidence in favor of the lemon, the question naturally ariles, what is the reason then that punch is so often complained of, and from the use of which many perfons fuffer who are not particularly subject to the Gout? Answer, the sugar. The fact is, all the bad qualities which have been attributed to the lemon, lie in the fugar; fugar, of itself, is of an acid corrolive flimy nature, though cloaked under it's fweetness, and being of a smooth pleasing taste, and made familiar to our infancy, it remains unsuspected, at the same time deferves more just reason for censure than any other article of our food so often complained of; and perfons who have totally laid it aside, have enjoyed a better state of health: For the truth of this affertion I appeal to numbers who have severely suffered under this mistake, until the error was pointed out.

To illustrate this important point, so essential to the health of man, I shall beg leave to remark the following facts, which may come under every one's senses to determine: A draught composed of lemon and water only, is a reviving wholesome draught, fitting lightly on the stomach, and agreeing with it in general; add fugar to it and it becomes the reverle, is changed to a fickly one, and the acid feems of a corrofive nature, particularly hurtful to weak stomachs; on trial every one will find a material difference. The same occasion for observation, though in a stronger degree, is to be met with in punch, which plainly difcovers a different acid, similar to that found in minerals, and, in weak constitutions, I do not know a greater cause for complaint, and who often render it worse by drinking it warm; a circumstance that persons of a weak constitution should be careful not to continue, for cold drink strengthens most, whether it be spring mineral waters, beer, or the more rich viands they make

use of. On looking over the ingredients used in punch seperate, we could not imagine so destructive an acid should be composed, which is not to be met with in either fingly; very true, let any person examine the materials, one by one, from which aquafortis is made, viz. green vitriol and nitre, could it be supposed that fuch a deadly poison could be drawn from the retort, as even the vapor to be fo noxious as to kill, did not every day's operation confirm it? That fugar is the cause of this evil, I would beg leave to ask those who object to punch, whether they do not find an aversion to sweetmeats, confectionary ware, and even to jellies, pies, and tarts, when over sweetened? That fugar has been suspected of qualities unfriendly to man, may be deduced from an observation left on record, above a century ago, by Dr. WILLIS\*. Another circumstance, already mentioned, is no less true than extraordinary: The grocers, who handle the fugars, are fubject to a complaint, called by them the grocer's itch, which equals in malignancy any leprous complaint I have feen, and which often deprives them of the use of their hands, but on leaving the business the malady ceases; does not this carry conviction on the prima facie? may we not fafely and truly draw an inference, if only by handling fugar we fuffer thus, how much more when taken inwardly fo freely? Also

<sup>\*</sup> I so much disapprove of things preserved, or very much seafoned with fugar, that I judge the invention of it, and it's immoderate use, to have very much contributed to the vast increase of the Scurvy in this late age; for that concrete confifts of a very sharp and corrosive falt, though mitigated with a fulphur, as it plainly appears from it's chymical analysis; for sugar, distilled by itself, yields a liquor scarce inferior to Aqua Stygia; and if you distil it in a vesica, with a great deal of fountain water poured to it, though the fixed falt will not so ascend, nevertheless a liquor will come from it like the hottest Aqua Vitæ, burning, and very pungent; when therefore sugar, mixed almost with any fort of food, is taken by us in so great a plenty, how probable is it that the blood and humors are rendered falt and sharp, and consequently scorbutical, by it's daily use. A certain famous author has laid the cause of the English consumption on the immoderate use of sugar amongst our countrymen. I know not whether the cause of the spreading Scurvy may not also be rather hence derived. I have

I have remarked, that tea has often been censured for other's faults, as being extremely pernicious to perfors whose nerves have thereby been remarkably affected. Tea, as a plant, is of itself an agreeable bitter flavored herb, and as friendly to the constitution as it is beneficial to trade, as perhaps was ever introduced; that persons of a weak constitution should complain against it no wonder, but is it the tea? or is it not rather their weak relaxed stomach? and warm water still relaxes more. Is not the tea cenfured for the unthinkingness of the maid servant, who sees, unconcerned, the finest particles of the water boil away in the steam by the hour together, and leave the remainder in the kettle, hard, phlegmy, and not fit for use; the minute the kettle boils it should be poured on the tea; but this is not all, is not the fugar which is used in this liquor the cause of tea being complained of? Leave off fugar, I had almost said milk, and those who found tea disagree with them before, will then experience a pleasing infusion, grateful to the stomach. Had not success justified me in the prescription, I had not been so bold as to recommend it so strongly. It is faid strong tea is hurtful to the nerves, but every day's experiment will convince you that weak tea, joined with fugar, is detrimental; I speak not by conjecture, and every one has the liberty to make ule of these remarks as their own prudence shall dictate. I did not consider these things myself so attentively formerly, but now am convinced if fugar was less used, no loss would accrue, on the contrary, much benefit might be gained thereby, or my patients, to whom I have recommended the practice, have deceived me, who have declared that tea is now their delight, as it was before their averfion. It is hard for persons to find out an agreeable substitute, though they wish it, to supply the place of tea, coffee, chocolate, &c. which hurt them, not corfidering that fugar is the only cause of their dilagreeing. It was faid to CÆSAR, beware the Ides of March; I say, to persons subject to scorbutic complaints and weakness of stomach, beware of sugari That in the WEST INDIES, where it is the immediate

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diate product, it may be necessary; but there it may become a serious matter of enquiry, whether the belly-achs they labor under may not be traced to the free use of sugar\*, (as much as to the pans hinted at in the foregoing page) which is a greater and a different sort of acid than is produced by the lemon, pine, or any other fruits. Let no one hastily imbibethe opinions of another, without first weighing well the arguments, circumstances, &c. together, and draw the interence from his own reason and observation.

#### On BUTTER, BACON, FAT MEATS, &c.

WERE mankind to affert their rights, and learn to judge for themselves, they would not be then slaves to opinion, nor facrifice their reason to the dictates of others, founded in weakness, without minutely enquiring on what basis they have afferted that those favorite ingredients of our diet are detrimental to health. Amidst those articles that stand proscribed, butter is the foremost, on which a cave is placed, to deter mankind from it's use, as baneful to the constitution, and a breeder of foul humors in the blood, therefore it is eaten with fear by various degrees and denominations of the human race; and to deprive them the use thereof, millions would pine after it, and curse the devisors of such an expedient. How many dishes that the vegitable, the animal, the piscatory creation afford, would tafte dry and harsh, without this desirable necessary sauce, that appeared before pleasing and refreshing. Does not our hasty condemnation of the food, as improper for our bodies, impeach and arraign the judgment of the great omniscient Provider. who has so universally showered down this food. We are naturally fond of vegitables; in husbandr, man defights, and the stretched-out dugs of the cattle, the

Rum, the spirituous article used in punch, as drawn from sugar is a strong acid, and new rums are known to be productive of bad consequences in the West India Islands.

overflowing pail, the simplicity and dexterity of the dairy maid in bringing forth her butter and cheefe, have afforded a pleasing theme for poets to dwell on with rapture, and praise the Giver in pastoral strains univerfally admired. If trade is considered, we should be careful not to throw a bar in the way to check it, unless supported by demonstrative evidence that such trade is detrimental to the community. If the poor are the riches and the strength of a nation, they claim our indulgence, and ought not to have their greatest luxury withheld, on the supposition only of it's being hurtful; in fact, they will not: they find no inconvenience in the use, and all their wish centers in the possession; as to it's bad or good qualities they are contented to leave the Doctor and Valetudinarian to dispute, whilst they enjoy the bleffing. Butter and fat meats have acquired a bad character, as many individuals in the world do, by keeping bad company. Is the temperament of a relaxed fickly stomach, who cannot bear it, a proper criterion to go by? Why should we prohibit the use of it to those whose constitutions are the reverse, and who require it's friendly affistance to lubricate and defend the bowels from acrimonious matter? Can we suppose Providence, whose bounty overflows the wishes of man, extravagant as they are, has caused such a rich repast to be drawn from the grass of the field in vain? By what wonderful stages and operations is our food matured, brought forth, and laid at the feet of man, to enable and encourage him to proceed in his journey through life, and render it agreeable and comfortable ! Butter and fat meats, the necessity of them is displayed in the general tendency the animal creatures have in storing it up, and how little worth those beasts are that are defective in this point, how wretched they look. Are not those unctious parts of our food the chief means of affording a supply of that marrow, treasured up in our bones, which supplies the oil wherewith our joints are constantly anointed, and thereby continued pliable, and defended from acrid and cold humors? Further, the utility of butter is eminently displayed in. defending

defending persons employed in dangerous businesses, who imbibe noxious particles arising from vapors, such as painters, gilders, glaziers, workers in lead or in lead mines, that otherwise might prove fatal but for a free indulgence of butter \*, bacon, and other fat meats, which sheath and defend the bowels from cholic, paralytic, and gouty confequences, frequently met with in persons who follow such destructive occupations, Sweet oil is nearly allied to butter, and if the one is hurtful, the other must be prejudicial, and fall under the same predicament, yet this is seldom noticed. Fat and falt meats, &c. come in for their share of general censure, as food hard of digestion, and breeding the Scurvy +, whilst other dainty meats, which appear soft and eafy to be dissolved, through the different preparations of art, officiously intruded as an affiftant in procuring proper aliment for a weak constitution, are often preferred by us, yet rejected with disdain by nature; and every day produces instances how often we err in our opinions relative to proper aliments for the support and comfort of our lives; many a time has it been noticed where the stomach refused entertainment to a dish of chocolate, or a little broth, at the same time has greedily devoured a falted piece of beef, or of fat bacon, which has fet easy on their stomachs, and have digested kindly. Persons who are of an ailing constitution, judging rather from appearances, or guided by custom, refuse the one, and order only the white meats, such as veal, fowls I, &c. when, at the same

Butter spread on bread agrees best with weak stomachs.

† See page 10, where salt meats have been considered.

t How easy we are persuaded to indulge in things hurtful, because they appear delicate, is instanced in fatted sowls. The sowls are put up in coops, debarred of air and exercise, and unctious food given to render them sat, which soon brings them to a fickly alkaline state, and, because they eat luscious and tender, are preserved before the wholesome barn-door sowl, whose taste is natural and nourishing, whilst that of the other cloys, and is rendered disgussful by repetition; so that any one would sooner grow tired of this aliment than any other meat to feed on it constantly; and similar to this is another circumstance, that of hanging up mutton until it is rotten, then we say it eats tender, but these things are customary,

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time, they must be sensible they cross their inclination; their strong propensities to taste the other different forts of food, and which they would find to strengthen them when thus impelled; whereas by rather following the promiscuous advice of others, in preference to the dictates of their own fensations, they take part with the disease, and thereby suffer the more; for on the most exact scrutiny, we shall find but little reason for complaining of those forbidden fruits, any more than other valuable articles which either support life, or render it respectable in the scale of beings with whom we dwell; for what is there on earth, which we call good, that has not, or may not be productive of much evil, when it falls into imprudent hands? Gold, that precious commodity, the baume de vie, has it's fair and dark fides; there are few persons possessed of so much refined philosophy as not to wish to be in possession of a certain quantity, and the risks run to obtain it, often change the nature of man, fo that he has then, as he imagines, reason to exclaim against this glittering ore which bewitched his fenses, though the fault was his own feeking. In fact, through the falle tafte of mankind, too often paying a respect to those perfons only because they are rich, and for no other good quality inherent in them, do we fee thousands so cager to obtain the jewel, at the risk of every thing which

customary, and what is fashionable, however egregious of itself, is justifiable; for who dare appeal against so powerful a dictator as fashion; it is customary to rail at wines, butter, tea, &c. not considering our own instability. There are times and seasons allotted for every thing, and that which delights us to day, is looked on with indifference to morrow; a variety runs through the creation, and without it man could not enjoy the pleasures of the road, on which he is gradually enticed from stage to stage, by toys displayed suitable to his age, and he has no sooner grasped the one but another, at a distance, is held up to his view, to animate him to proceed; nor are there wanted thorns to gall him, should his propensity be to loiter by the way; so that he is in danger of being seized by one complaint or another, until grown indifferent as to the playthings of life, he suffers himself to be overtaken, and nods to the fate which Time has pointed to him from the earliest knowledge he had of his being.

they ought to hold dear, to be on a level with others: but, mistaken the road, to their great mortification, meet with reproach and ignominy instead of honor. Inchanting pleasure is profitable to health, yet, when purfued beyond the bounds which prudence has dictated, brings weariness, pain, and other inconveniencies, that it had been better if our thirst had been less prevalent, or we had wanted opportunity in feeking after such delusive joys. And though we have an unlimited licence to range and partake of all the fruits which the globe produces, we are not to waste them; they are ordained for our support, and when used agreeable to that portion of judgment given to each individual, the end of their creation is answered, and the Benefactor honored. It is our duty and interest to bend to nature's voice, and not to expect the unalterable laws of the universe will fubmit to the peevishness of that little conceited animal man, bowed down either by natural infirmities or old age; in either case his faculties are impaired, and his judgment rendered precarious; therefore we may elreem ourselves happy in having such demonstrative evidences given us to go by, that if we err we must do it wilfully; for so amazing are our powers, so wonderful our frame, that as the whole being of man is equally interested in the choice of food, so the different members are equally alert in performing their duty; no sooner dees the weakness of our constitution speak it's wants, than the feet bend forward, directed by the mind, to the place where food is expected; the eye furveys, the tafte and finell co-operate in their approbation; and, last of all, the flomach, not trufting to the partial tafte, decides, and quickly informs every one wherein they have erred, either by floring too much, which is the feed of heaviness and oppression, fetters no ways agreeable to the sprightly mind, which deprive him of that alertness he has a right to expect from the fresh supply afforded to the lamp: it the aliment has been improper, then a fickness in the stomach proclaims it's malignant tendency, and warns us to be cautious.

cautious. And this rule will be found decifive, whether we feed on flesh, fish, fowl, vegitables, or use for our drink water, beer, wine, &c. As a further proof of the just discerning judgment of the appetite, how often has it been known, where persons in dangerous fickness indulging by stealth their strong propensities in tome drinks they have fancied, though ftrictly forbidden by the Doctor, have surprisingly recovered! In general, I know no better rule for persons to go by, in regard of their diet, than to partake of that food, whether it be falt, fresh, or high seasoned, with moderation, as they find convenient and agreeable; for, as to my own part, if any judgment may be deduced. from the testimony of numerous patients, it is in favor of an extensive rather than a confined diet. Numbers have debured themselves of even the common necessaries required to support life, in order to lessen their dilease, particularly in the Scurvy, but, so far from being benefited thereby, the malady has increased on them; extremes are always bad on either fide; we are foon disgusted with living on the fame meats, and the changes of the feafons, and the difference of weather, require man to vary his diet, as much as it does to alter his apparel, to defend him against heat or cold. For this reason I recommend, in cold weather, warm meats and generous drinks; in hot weather, cold viands, will prove refreshing and salutary, and then spring water, joined with pure acids f. will be found a most excellent bracer of the stomach a d nerves when relaxed: in the winter of, life, as old age, to feafon their meats with warm spices is necessary; also those who live in marshy damp places, and in the WEST INDIES, the free use of those spices are particularly grateful and necessary, even as falt is to us, and which keeps them from falling into

<sup>†</sup> Vinegar is a useful and a wholesome ingredient in our diet, and is much used in sumigations, to prevent insectious diseases, and shews the utility of acids. The virtue and benefit of salt speaks for itself in numerous wonderful instances.

bilious fevers. If it be allowed that nothing exists in the creation but what was defigned for it's peculiar use, applicable to the country, surely the spontaneous growth of these aromatic spices, in those fultry climates, is an argument in their favor for their application; and I could wish it to be considered how far in those countries, as in some parts of Essex and Kent, where the ague reigns, whether a greater indulgence of pepper, or other hot spices, would not help to counterbalance the unwholesomeness of those fwampy places; and where wine and other cheering liquors are required to be used in a freer manner than in other countries, where nature has been more prodigal in the bleffings of a dry healthful fituation; and on this occasion, and almost every other in physic and in diet, the aphorism of HOFFMAN will be found to be just, " It is the well timing that makes the dose or quantity " good or bad," and as the anxiety and fears which are impressed on persons of weak constitutions, in regard to what they should eat or drink is of a hurtful tendency, it would give me pleasure to deliver them from so great a flavery. The fewer ingredients mixed together at a meal, stands to reason is most likely of being productive of answering the defired end. In our infancy and youth occasions seldom require to make observations o our diet, for then we do not experience those ills from the difference of aliment, because our pipes and tubes are large and pliable as fine leather; but man, the older he grows the less pith he has, so that the tubes lessen in him as he advances in years, scarcely allowing the humors, or even the balfamic fluid, a possibility of circulation\*, whereby we may at last be said to offify, or consolidate as it were into mere bone.

These sentiments are respectively submitted to individuals, whose own breasts carry a monitor which will be found the best director; for I hold it an absurdity that one person should know another's constitution better than himself; in short, it is impossible. The poor

<sup>\*</sup> The older people grow the less food is required.

laugh at us, and think these are idle speculations\*, for they being obliged to follow nature, is the reason why they "enjoy (as DRYDEN observed) the most valuable "blessings of life, a vigorous healthy body, with a "constant serenity of mind; whilst we, with all our fanciful refinement, can scarcely pass an autumn without some access of a fever, or a whole day not

" ruffled by fome unquiet passion."

It is beyond a doubt a much less quantity of food will support life and spirits than is generally imagined, and while diet is given to the body with discretion, it will keep it cool and in proper order; for as gentle rains refresh and make the plant more lively and pleasant to look on, so temperance and activity feed and render the body more sprightly and durable. To define the word temperance, (with which I shall close my remarks on diet) I cannot better elucidate it, than by quoting Sir WILLIAM TEMPLE: "But that which I " call temperance is a regular and simple diet, limited by every man's own experience of his own easy digestion, and thereby proportioning, as near as can be, the daily re-56 pairs to the daily decays of wasting bodies. Nor can " this be determined by measures and weights on any ge-" neral Lessian rules, but must vary with the vigor or decays of age or of health, and the use or disuse of air or of exercise, with the changes of appetite, and thereby " JUDGE FROM what every man may find or suspect of the present strength or weakness of digestion."

### Observations on the Gout in the FEET considered.

IT has been my creed, and I do not perceive any reason to differ from my first affertion, that the Gout in the hands and feet is no more than a natural consequence,

<sup>\*</sup> Behold the laborer of the glebe, who toils In dust, in rain, in cold and sultry skies; Save but the grain from mildews and the slood, Nought anxious he what sickly stars ascend. He knows no laws by ÆSCULAPIUS given; He studies none.

sequence, derived from our fluctuating passions, our mode of living, and the imbecility of our bodies. preserved only in a tolerable state of sanity by attention and industry; the least relaxation on one side, or the too free indulgence on the other, is fufficient to create ills which require fagacity, refolution, and perseverance to brush off, repair, and beautify the human structure, to render it fit once more for action, in the station assigned to it by the great Ruler of the universe. I hold it as an axiom that man, who is almost a free agent, for I cannot deem that creature free who is not mafter of his own temper and passion; and we are of that pliant nature easily impressed, and tossed about, ruffled by little trifling accidents, and which we know is a folly to give way to, yet we can no more help it than the wa'er being raised in curly waves when agitated by the wind; and these little incidents ruffle our frame, and are sufficient to create ferments, and which, if not checked by us, or awed by law, may burst forth either to our own destruction, or that of another; therefore I say almost free, for free we are in fome respects, and seemingly quite so to others, who think we may chuse either to go or stay, to commit or desist in an action, perhaps neither justifiable to conscience or to the world; yet every one carries within themselves some secret force, or agitation, which compels them to proceed, though with reluctance, to the very point where they dread, yet long to dwell, until the ardent fire is quenched, either by fruition or completion, regardless of the consequence; and it is only owing to the prudent management of steering our bark through the gulph of these necessitous circumstances, that we escape accidents which must happen to the heedless indolent wanderer, so that by attention, in a certain degree, it is in every one's power to obtain or shun the Gout, or some other disease, prolong life or shorten it, make it agreeable, or miserable, respectable, or contemptible.

Man, it is faid, cannot live by bread alone, which also implies he cannot live without using a multipli-

city of means for his support and preservation, to keep in continual motion his machine, even from the infant state to decripit age. There must be a continual supply given the body to enable it to act, and there must be a continual exertion of his mechanic powers, which are so far from being weakened or hindered in their functions thereby, that it affords him encouragement to continue, by giving additional strength; and this is not instanced by one action only of our bodies, but in general, even the lungs are strengthened by reading aloud; and though man is impelled to move in his orb by constant circulation, he feldom fails, when occasions offer, of paying a compliment to his eafe, and by this means diforders enter, which, rendering his fituation irkfome, rouses his attention to shake off so disagreeable an in-

truder to his peace. And tolks and to though an about

The rich, having a greater opportunity of enjoying their ease, and the power of gratifying their taste more than others, to whom fortune has not been so liberal, is one reason why this disease falls to their peculiar lot, and which may be accounted for agreeable to the rules of mechanism, for if any machine is neglected, or a greater weight is laid on it than it has power to bear, the consequence is a total stoppage, or a fracture; in either case it must prove prejudicial. It is obvious the Gout in the Feet is a distinct disorder from that generally complained of in the stomach; and though time immemorial has fanctified a farce commonly acted, of expelling the gouty humor out of the stomach down into the feet, and, in order to make the charm have it's proper effect, stimulative medicines are given to facilitate the defired wish; yet I will be bold to fay, a fit of the Gout in the feet cannot be produced by the medical arts used to draw it out of the stomach, without they first can explain what that hocus pocus matter is composed of. Persons who are subject to the complaint known by the Gout in the Stomach, are of a constitution too weak to bear strong purgatives, without a manifest injury. Secondly.

condly, Gouty matter in the hands and feet will fettle by the laws of gravity, as has been observed, and is exemplified in those persons who live freely, and give way to indulgence, trusting to the strength of their constitution. Relative to the nature of the gouty matter, various opinions have been formed, and though a corrofive acid preponderates in weak habits, and thereby creates a multitude of nervous and gouty complaints in the stomach, yet we do not know any instance where the blood drawn from gouty persons has imbibed any acid rafte, yet by the repetition, and the disordered state the patient is continually thrown into, owing to this circumstance, the blood and other fluids revolving in the body, must be affected and infected with poisonous taints. Others have afferred, that the matter which causes the Gout is of an alkaline nature, and, as a proof of this affertion, they produce as evidence the chalk-stones formed on the joints of patients, and on which matter acids ferment and destroy when it is separated from the joints. It would be proper to enquire, what is there scarcely that acids will not penetrate? and are not these chalk-stones, which are thrown out on the extremities, the refuse of all the impurities of the blood? Can we judge of the pureness, richness, and strength of the spirituous waters or cordials, by reviewing and examining the dregs only left in the still? Or can we, by observing only the caput mortuum which fettles in the retort, conceive the powers or the beauty of the menstruum brought forth? Or, will the ashes give you any idea what the coals were, did you not know it? For these reasons it is hard to judge of the true nature, violence, and malignancy of the disease, either in it's infancy, or when raging in it's full meridian. Whatever the matter was in it's original, in it's progress it has many changes, variations, and at last ends in a painful inflammatory disease, attended with swelling, almost insupportable to the sufferer, if he was not buoyed up by hope, to expect a releasement, after a certain period of expiation; and so far as it threatens a diffolution to the human body, will not

the word alkaline is applicable in it's last stage. In this important crisis of misery, it will be proper to consider what state or appearance the gouty humor assumes, and to direct the patient to those remedies as reason points out, and experience justifies; neither assuming too much, nor betraying a timidity in prescribing a regimen which may prove beneficial to the diseased.

# DIRECTIONS for Persons in a Fit of the

A'S constitutions, age, and circumstances vary; so all cases do not warrant the use of the like prescriptions: what is proper in the first sits of the Gout may not be so in a more advanced age, and when a person has had frequent returns of the Gout; it will therefore remain for the patients to select those as either they, or their friends judge proper to be pursued in

fo interesting a point.

It is evident to our fenses that nature, who is our best and friendly admonitor, is obliged to raife these commotions to difburden herfelf of an acrimonious matter, which has imbibed qualities that render it totally unfit to circulate any longer with the fluids, but is cast off as far as the extremities, where, being too thick to perspire through the Ikin, it is confined, and each day's confinement adds fuel to the inflammatory matter, and is then followed with the most excruciating pain; fwelling, weakness, lameness, and feveral other melancholy complaints, which render the state of the patient truly deplorable; and such is the exquisite sensibility of the dilordered part, that the least touch creates an agonizing pain, so that it is no wonder the sufferer is glad to catch and embrace the most delusive phantom that promifes a respite; and did not experience teach us how fatal repellent medicines are, we should very readily accept the offer of promised bliss, and for the loan of a moment's ease pay back whole years interest

of pain and anguish; so that this is a step to be particularly guarded against, and only such application used where no danger is dreaded, and which will mollify the oppressed parts. For this reason I have recommended somentations of warm water to the hands and seet, or to hold the afflicted parts over the steam of boiling water, and then the swellings to be anointed with sweet oil, laid on with a feather, and the parts to be wrapped up in fine linen, using as little slannel or worsted as the nature of the constitution would bear, or the weather require to defend from the cold, for woollen encourages the heat and weakens the limbs. In this, and all cases of illness, regard must be paid to diet, to the body, to air +, and exercise. As

\* I have long wished to accomplish a remedy to ease the pain and draw the venomed fluid off; but though the experiments made have so far encouraged me to proceed in my researches, yet the success, at present, is not sufficient to warrant my recommendation of

it to the public.

+ Nothing can be of greater moment to mankind than the reigning disposition of the air; it is impossible for any one to live many minutes without it. A pure air, therefore, is fimply necessary for life, as it keeps our fluids in due order, that they may not be too much rarified, nor too compact; that they may be pushed forward to the utmost recesses of the body, that by motion they may be divided into minute particles, and may therefore be prepared to enter into firainers fitted for their reception: It helps also to make our fibres duly elastic, by force of which the sluids are regularly returned. The air also tends much to create or destroy our appetites, it being evident, by a great number of experiments, that it contains an acid spirit; and therefore it is, that this spirit is found to give citizens keener appetites in the country than they have in town, fince being mingled with their faliva, and fwallowed plentifully into the flomach, it twitches it, and gives a fensation of hunger; while, on the contrary, the smoke in cities blunting this quality of the air, renders the appetite less keen.

Wherever great numbers of people are crowded in one place, if the air has not a free current, it foon becomes unwholesome. Thus it is that delicate persons are so apt to cough, turn sick, or faint in crowded churches, assemblies, in a stage coach, or any place where

the air is exhausted by breatling, candles, or the like

In great cities so many things tend to pollute the air, that it is no wonder it proves so unhealthy to the inhabitants. All possible care should, therefore, be taken to keep the streets of large towns open and wide, that the air may have a free current through them; they ought likewise to be kept very clean, nothing tending more to pollute

to diet, I ever esteem it as an unerring rule that the less trouble you give the stomach on these occasions the better, nor do I mean that you should cull all the slipstops made use of, but that the food should be given but little in quantity, not denying the patient something suitable to his former mode of living, nor disregarding the calls of nature in those things which he fancies most, for seldom that diet is productive of good end which is forced on the pa-

pollute and contaminate the air of a city than dirty streets. The mode of burying the dead only a foot or two under ground is very blameable; in hot weather the exhalations must rise, which often

prove fatal to the living.

The various methods which luxury has invented to make houses cose and warm, contribute not a little to render them unwhole-fome: No house can be healthy unless the air has a free passage through it, for which reason houses ought daily to be ventilated by opening opposite windows, and admitting a current of fresh air into every room. Beds, instead of being made as soon as people rise out of them, ought to be turned down and exposed to the fresh air (except in damp weather) from the open windows through the day; this would expel any noxious vapor, and could not fail to promote the health of the inhabitants.

Those who are obliged, on account of business, to spend the day in close towns, ought if possible to sleep in the country; breathing free air in the night will in some measure make up for the want of it through the day. Many people indeed have it not in their power to change their situation in quest of better air; all we can say to such persons is, that they should go as often about into the open air as they can; that they should admit fresh air frequently into their houses, and take care to keep them very clean. Proper attention to air and cleanliness would tend more to preserve the health of mankind than all the endeavors of the faculty. If fresh air be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it. The notion that sick people must be kept very hot is so common, that one can hardly enter the room where a patient lies without being ready to faint, by reason of the suffocating smell. How this must affect the sick any one may judge.

No medicine is so beneficial to the fick as fresh air; it is the most reviving of all cordials, if it be received with prudence: We are not, however, to throw open doors and windows at random upon the fick, fresh air is to be let into the chamber gradually, and if possible by opening the windows of some other apartment. The air of a fick person's chamber may be greatly refreshened, and the patient much revived, by sprinkling the floor, bed, &c. frequently with vinegar, juice of lemon, or any other strong vegetable acid.

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tient, contrary to his own inclination. Milk is a food that is often spoken of as a diet proper for gouty people, but in a fit of the Gout, attended with feverish symptoms, it is improper; milk turned into whey with acids is more suitable. Jellies made of calves feet, acidated with lemon, and some of the peel boiled in, is an agreeable ingredient of diet, when a redundancy of phlegm, the fure symptom of a weak stomach, does not forbid; also as a drink lemon and water should be tried on certain occasions, and if it proves too cold a little brandy may be added; good table beer is far from being a despicable liquor, and does not breed wind fo much as many imagine; a change of diet in general is necessary, that the patient be not cloyed, and if he complains of being feverish or costive, lenient purgatives may be administered, so as to cause one motion in the twenty-four hours; and for this purpose if solubile tartar, or cream of tartar, diffolved in a little gruel, or a dose of tincture of senna, or of rhubarb, is taken over night, it will be found adequate to the desired effect; and should the patient be deprived of rest through pain, one or two tea-spoontuls of the elixir paregoric may be taken at night; at the same time a decoction made of sarfaparilla and the feeds of fennel\*, may be drank warm going to bed, or occasionally in the day; the good effects of this decoction have been instanced by many persons terribly afflicted with the Gout. Also, when the person can bear it, let the afflicted parts be rubbed well with warm vinegar, at night and morning; he should have clean sheets every week, and his own linen changed every day; the room also should be aired by

To prepare this drink the following directions are hereunto subjoined: Take of guaiacum dust or shavings, sassassassand gentian root, half an ounce each, of juniper berries and sennel seeds bruised one ounce each, of sarsaparilla sour ounces, and of water three quarts wine measure; after steeping the ingredients six hours, boil it gently sisteen minutes; and just before it is taken off the sire, let two gills of brandy be added: When this is cold, it must be poured through a sine strainer, and bottled off for use; when the patient may drink from a gill to half a pint twice a day, warm or cold, as he sinds agreeable.

opening the window or door, as the case permits: if the patient is able, he should walk about, and as soon as possible take a ride out in a carriage, or, the weather proving savorable, to walk a little on a dry soil, and then return in the carriage; and, where it is convenient, company should be entertained, who would contribute to drive the gloom away by chearful conversation, and thereby facilitate the cure. The necessity of easy shoes, going to bed soon, rising betimes, are doctrines so well understood, that I need not inculcate them here; when a person sinds symptoms of the Gout approach, known by a pain in the toe, the best method he can take is to exercise himself by much walking, and though it should seem painful yet he must persist, and he will find reason to applaud his resolution.

When pains are felt at the joints, elbows, or fingers, they should be frequently well rubbed, as a means of preventing those chalky eruptions and concretions so commonly bred in the joints of those troubled with gouty complaints, and who, at the same time, take little or no kind of exercise. Inactivity, perhaps, is much worse than intemperance itself; for if a person be intemperate, unless, indeed, to a very great degree, a tolerable portion of exercise will carry it off; while, on the other hand, though he should be temperate, yet if he uses no exercise, the sunctions of the body must consequently stagnate: To hinder which is of so great a moment, that those prevented from doing it by bodily motion, should get some person to rub them over with a brush, or dry stannel, beginning gently at

In these gouty cases, cathartics, emetics, and diaphoretics, though pretty much in use, are what I have always strongly objected to, as totally unavailing, and highly prejudicial. Many advertised medicines are compounded of purgative ingredients to answer this end, but are so far from doing any good, that very manifest hurt is frequently the consequence; for as purgatives first act on the greater vessels, the supply usually given to the smaller ones, is unavoidably cut off, and nature not only thereby weakened, but the

first, and so harder by proper degrees.

blood

blood is impoverished, and what nature too may have thrown out on the extremities are drawn back... again, and falling on some part of the viscera, as the stomach and bowels, produce those alarming effects which so much endanger the life of the patient, such as a weakness throughout the whole body, sickness at the stomach, gripings, faintings, nervous complaints, and a numerous train of directal and irregular.

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lymptoms.

To persons afflicted with the Gout, a due share of patience cannot be too ftrongly recommended, for it is a disorder that will not be trifled with, and all anger. vexation, and trouble, as it impairs the spirits, should be prevented as far as lies in our power. The pain attending this malady is frequently such, as to drive the helpless sufferer into a kind of phrenzy, and to lead him as it were, in a fit of despair, to fnatch whatever nauseous medicine may be held forth to give relief, though it should prove ever so pernicious. This, however, he ought constantly to be admonished against, as the same gentle, rational, and alterative means recommended to cure the Scurvy, are the most proper ones to remove or alleviate the Gout. It was the entire and thorough conviction I had of this, which first induced me to administer my drops, and experience has given me a very unlooked for encouragement to continue the practice. Nor does the taking of them require of any the least confinement. They also brace. up the nerves, and open obstructions in the minutest passages with so happy an effect, as to have long ranked them as one of the most powerful deobstruents chymistry ever produced.

I remember to have seen one tormented with the Gout, who was persuaded to take some pills as a remedy for it, which he had no sooner done, than the disease and life were very near making their exit at one door. The pills, an antimonial preparation, had not been swallowed long, before a dreadful vomiting, purging, and sweating ensued, insomuch as to distort the whole body, and sorce groans too lamentable to be heard without emotions of pity; while the Gout, so far from being cured, was but affisted by the body being rendered more insirms and consequently much sitter to work upon.

But

But this power was not to be derived from one or two ingredients alone. Some would produce one effect, and fome another. The merit, therefore, lay in the art of uniting their feveral diffinct powers, so as to modify or affift the one by the other, and to cause all to co-operate, in order that they might act in concert on the body. And this most happy DESIDERATUM have I been able to accomplish by compounding, after the experience of separate trials, the most proper and effential in one GRAND COMPOSITION \*. This most defirable union produced the very excellent medicine, in the fearch of which I had for fo long a time dedicated my time and labor, and in which I have not declined to admit the MERCURY of a VAN SWIETEN OF a Bo-ERHAAVE, the ANTIMONY + of a HUXHAM OF a VA-LENTINE, or of any other; nor yet the acid, bitter vegetables, joined with steel preparations, and other ingredients, so far as were necessary to correct and blend the whole together, that the one might not be too powerful for the other. Hence I am fo far from concealing that my medicine is composed of poilons, that I rather pride myself in the fact, they being so tamed or qualified as to be made subservient to the greatest end, namely, the health of man: Was I to deny it, it surely would prove in me the highest ingratitude towards them, since I have repeatedly experienced the fullest proof of their incomparable power, equally to my own credit, and the great benefit of my numerous patients.

The most difficult task I meet with in the whole extent of my practice, is to prevent patients being in too great a haste when using my drops. From the pleasing benefit experienced in the use of a given number, many are erroneously led to expect a greater one by increasing the quantity, than which there cannot

<sup>•</sup> Several improvements in the Drops were made in the course of the last year, 1778.

<sup>†</sup> To join the powers of mercury and antimony in pills or powders, is very easy; but to unite them in a liquid, without losing their efficacy, is a process of much difficulty, and what has given me no little trouble.

be a more mistaken notion, the judicious administration, and not the intrinsic virtue, however taken, being what must lead to those great and falutary ends they are meant to produce. To go by, and strictly adhere to the directions in the folio bill, given with every bottle, should therefore be a point indispensably acceded to, no less for the health of the patient than the credit of the Proprietor; for while this is done, I am bold to think my medicine capable of answering the highest expectations. In advancing this, I am well warranted by the numerous opportunities I have had, of observing the disease in all those various stages, and diversity of cases, that my Dispensary hath fur-

nished towards my instruction.

Conscious how very unimportant the publication of cures must appear in the eye of the public, unless substantially authenticated, I have never neglected to give the dates of fuch as I have thought worthy of felecting, subscribed by the patient himself, attested by some of the most respectable names on the spot, besides making it a point always to add the number of bottles each case took in acquiring the certified remedy. Therefore it is easy to be fatisfied of the truth of any reputed cure, should the fingularity of it beget suspicion, for, indeed, they have frequently done fervices that have astonished even the patient himself, much less the reader; yet my candor does not allow me to fay, that all are so happy as to meet with the like defired success: Some +, it is true, have taken the Drops many months before a complete cure has been had, though from a state of decay and impotency they have in a few weeks been able to follow their vocations. In some cases too, a relapse may be known; but no sooner is the use of the Drops refumed, than a recovery is presently obtained.

It may not also be unnecessary to undeceive those who are extravagant enough to expect a cure, so they do

+ See their cases at the end of this book.

<sup>\*</sup> Since the commencement of this Institution, 1773, above two thousand patients have been either cured or relieved.

but take the medicine, however intemperately they may conduct themselves with regard to their appetites and pleasures. That my Drops, efficacious as they are, can boast of such Herculean virtue, is what I do not mean to advance; nor yet to promise any efficient services from them, unless aided in their operative power by temperance and exercise \*, of which too much cannot be said, on the part of the patient, who is frequently heard to deplore a want of the benefit he could wish, without once considering it to arise on account of his deviating from the rules laid down, and not altogether from any insufficiency in the medicine.

To look for a speedy cure in inveterate, deep-rooted disorders, that by length of time have acquired little less than a state of second nature, or to think that they can all at once give way to medicine, argues a total want of physical knowledge, and an expectation that cannot possibly be answered; not but that in some patients, short and surprising cures have been performed, while again; in others, months have passed away without making any flattering progress towards it: Few, however, and I speak it with infinite pleasure, are disappointed of such immediate encouragement, as may prove fully sufficient to entertain them with the warmest hopes of relief, and more than this cannot be

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I have often sympathized with the patient whose vocation and circumstance has chained him to a spot where nothing but a miracle, or total change of living, could promise a respite from this inexorable disorder, and where the patient, as to diet, has been abitemious to a fault; but for want of a more active employment, a purer are to breathe in, and, what is most material, an easement of mind, he is bowed down with an incurable malady beyond the reach of medicine; which brings to my mind an anecdote of a physician who had attended on a lady several times, but generally found her worse, and who endeavored to hide the real cause of her complaint, and begged he would not trouble himself any more, as she know it was to no purpose. His penetrating genius, aided by a benevole it heart, the greatest ornament of human nature, persisted in trying his skill once more, which should be the last if it failed. When he was gone, instead of an unmeaning scroll, a jargon of tech ical terms, a bill on sight, drawn on his banker, stood apparently sustable to her present wants, and which did honor to the presenter.

well defired, when it is confidered that a length of time must be requisite for medicines to make their way to the blood and juices, so as to convert thems from a distempered state to that of a found one, and restore the solids to their due tone and motion. That my Drops are of such a nature as to operate this, is a point too happily established to be made a subject of controversy; nor can I doubt, from the very great experience already had of their excellency, that they will be found as complete a remedy as can be obtained, provided the patient shall observe a proper regard to the rules here prescribed, however long and obstinately he may have been afflicted; not forgetting, at the same time, that they are not calculated to give instant eafe, but by gentle and alterative means, to work a selief, and to infuse reanimated life and spirits to the circulation of the blood, that can never be had from repeated purgatives, forced fweats, vomits, and outward applications \*.

In all diseases we should consider the cause, attend to the symptoms, carefully watch the effects, and from thence we must form our judgment relative to the cure. For after all, there are, and ever will be, very many intricate circumstances accompanying them not to be explained, but which, in all probability, will ever continue undefinable. How many things are there app reaining to man that can never be fully developed? How many depths of knowledge the plummet of human reason can never fathom? We all know that the eye sees, and we all know that the ear

As I confider the Rheumatism, except when it arises from a cold, to be in a great measure owing to the same cause as the Gout, I have not thought it at all requisite to say any thing in particular of that disorder, for the cure of which my Drops have been remarkably successful. In recent cases, eaught by sudden colds, even when the limbs are deprived of use, or the person from standing upright, by rubbing well the afflicted parts with a table spoonful of balsam anodyne every six hours, and taking something warm going into bed, to which sity drops of the elixir paregoric should be added, in order to raise a perspiration, it will not fail to administer the most happy relief, even in so short a time as sour-and-twenty hours. But in gouty cases this prescription is hurtful.

hears: But who can level with our understanding, that mysterious, incomprehensible, divine essence, called the Soul, which refines and animates this earthly frame, and gives it power to answer the various purposes of life? In the Gout + especially, I do not mean to add, that it will, at all times, be eafily removed, cured, or eradicated by the specific virtues of my medicine; or that I can afford any considerable benefit in all cases, and in all ages whatever. With reason, aided by experience, we may, perhaps, become the better able to penetrate the inmost recesses of that disorder; but to imagine that any thing will ever be discovered capable either of performing a sudden indiscriminate cure, or of preventing it from attacking mankind, is nothing less than the very extreme of absurdity, and what I have never pretended to. But, without a thought of arrogating a merit they do not deserve, whatever is to be done in gouty cases, may be expected from the alterative efficacy of my Drops, which tend immediately to that great object of strengthening the stomach, and by that means the body in general, to digest the food, to purify and thin the animal fluids, and to destroy those corrolive humors which prey upon the NERVES, and occasion those painful swellings, greatly to be dreaded, and so severely felt, which reduce us to a mournful state in the midst of greatness, accompanied with a gloom spread over the mind, that veils the light of life's meridian day,

<sup>†</sup> The Gout is not confined, as many imagine, to one particular class of people, viz. the great, the learned, the sedentary, or the wealthy; but that the poor are more often afflicted with it than is imagined, particularly those who work in the lead business, or in mines: Which observation convinces us of this remarkable truth, that no age, condition, or rank whatever, is, or can be, exempt from the diseases incumbent to the human species; and that childhood and old age, the two extremities of life, are, from the natural state of insirmity which attends them, more liable to be afflicted than those in the meridian, who suffer more through their own irregularities than any thing else. Women are not troubled so frequent with the Gout as men, owing to their different texture, and several other circumstances.

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and makes us poor and helpless, though surrounded with affluence, bringing to remembrance the pleasing ideas of what we once enjoyed when at ease, forcing us to sigh in pathetic terms for relief; and could we once more be free, no matter by what epithet the conveyor of the blessing is titled, for we should, in Viroil's harmonious verse, exulting cry: Deus nobis bac otia fecit, namque erit ille mibi semper Deus.

reason, aidiably expended, we say to perhaps, be-

come the better allowers or results. In the property of the party of the state of t

ever be afficienced expende effect of presidenting a featded facilitations of our president from an account discount, is usuangless than the very extreme or an analy, and what I have never presented by



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## MINERALS.

All their refources exist in Managaria, Mineral

The Excellency of their specific Virtue demonstratively elucidated, and the most evident Reasons deduced for the Superiority of their operative Virtue over all Kinds of Vegetables whatever, in the Cure of the Diseases denominated Scurvy, Gout, Rheumatism, &t.

In the two preceding Sections, the Caule, Nature, and Effects of the Scurvy and Gout, have been respectively treated on, as the immediate objects of their peculiar provinces; and the Drops recommended as a well-credited agent for procuring rehief. The manner too in which they are used to operate, and the very salutary ends they produce, have been as candidly stated: What we, therefore, are now proceeding to, is a particular analization of their composition, into which the admission of Mercury and of Antimony will be fully avowed, and such proof adduced of their pre-eminent tendency in the cure of the disorders here spoken of, as cannot fail to convince every unprejudiced mind: And more does not enter the limits of our expectation.

It is furely an happiness, in which the goodness of Providence never was more distinguishedly conspicuous, or our most grateful acknowledgments more urgently called upon, that of all the disorders infecting the human frame, none are without the benefit of a cure or relief, the earth carrying on it's surface, or retaining in it's bowels, every requisite antidote against, or remedy of, all the various maladies that can inter-

rupt the animal œconomy.

rigulation

All

All these resources exist in MINERALS. Minerals ALONE contain those powers which can increase or decrease the velocity of the circulation of the blood; thin, clarify, and cleanse it; expel the heterogeneous inimical particles sloating in it, and re-introduce those which may have been destroyed, lost, or overcome by them, and which are requisite and necessary to give it

it's proper confiltence.

Of MERCURY there are three very powerful medicines composed, namely, the fublimate, the calcined mercury, and the yellow mercury emetic, or turbith mineral\*: The former, the fublimate, is the only one known to be capable of dissolving equally well in any liquid, whether it be spirit of wine, vinegar, or mere water alone, which enables it to acquire the most obvious advantages over those other preparations that, refusing themselves to all dissolution, cannot be administered in any other shape or form than those of powders and

pills.

The reason of this averred superiority, must be conspicuous to the slightest view. In making up pills, which is done by a mixture of some ingredients for the purpose of composing a kind of paste, an uncertainty in dividing the several intermixed articles must unavoidably prevail; and this being the case with respect to the most active one, it could not surprize if it should be attended with consequences of a serious nature: For as this want of certainty cannot but produce an inequality in dosing the most essential parts of the compost, it may easily happen, and no doubt very often does, that one pill shall have THREE grains of it, and a second but one, while the THIRD shall have, perhaps, scarcely any at all.

On the other hand, a liquid is susceptible of the most accurate preparation; it may be corrected to a positive certainty, and therefore prescribed with the

<sup>\*</sup> Besides these, there are several other very excellent preparations from Mercury, justly essemed for their essicacy, and frequently joined with Antimony in chymical operations.

greatest confidence, without any the least apprehension of danger to the patient.

Another objection that I would wish to urge against mercurial, antimonial, or, indeed, any other fort of PILLS, is, that they are apt to lay in the stomach until fome liquid of an acid quality comes down, and puts the whole in motion. This observation has no less a name for it's support than that of the learned Dr. HUXHAM, who, in his direatile on Antimony, takes notice of this circumstance, and largely expatiates on the superior good qualities an impregnated liquid has over any folid composition, and the much greater fafety attending the taking of the former, as it "readily " mixes (fays this ingenious physician) with the blood " and animal humors, and paffes off so freely and " eafily through all the outlets of the body, that it may " be given with fafety, and repeated with fuccefs, two, "three, or four times in four-and-twenty hours, in " small doses, and so continued for days together. "Whereas the folid preparations are very uncertain as " to their operation, sometimes lying a long time in " the stomach and bowels " before they produce any " fensible effect; and then at once irritating with fo " much violence and obstinacy, that an hypercatha-" rifis + fometimes comes on all at once, especially " after drinking a glass of wine, cyder, or any other " vegetable acid. Besides (continues he) when me-" dicines are given in substance, they must first under-" go a diffolution in the stomach, before they can pass " the lacteals and be mixed with the blood, so as to " act as alteratives, diaphoretics, &c." and a most These forcible observations of HUXHAM, cannot but

These forcible observations of HUXHAM, cannot but hold good with regard to mercurial liquids, and folid preparations; and establish the superiority I have ad-

batelisalas

Notwithstanding this objection may be so strongly applied against mercurial preparations in general, it is not altogether so aplicable to sublimate, as this is of a nature too active to lie dead in the body, the natural warmth of it being alone sully sufficient to set it in motion.

<sup>†</sup> A violent or over purging.

vanced the one to have over the other. It is very certain that sublimate, and all other mercurial preparations, may be increased and decreased in their virulent properties ad libitum. The corrosive sublimate may, for example, be corrected to such a degree as to be wholly deprived thereof, as in the powder called the white precipitate of mercury, which every one knows is to be rendered into so mild and so innocent a state, as to be very safely applied to the purpose of destroying those little insects that so frequently insect the heads of young children.

If it should be urged of minerals, and in particular of those just spoken of, that they are poisons, and that I ought on that account to give a preference to vegetables, I have two reasons to offer the consideration of the reader, and to which I beg leave to claim

his attention.

The first is, that VEGETABLES, such as might be applied for the production of the like-desired effect, would be equally open to the charge of containing poisonous qualities, their inherent virtues being imbibed from the particles of those dispersed in the bowels of the earth, which they are known to suck up according to their nature, species, and dispositions.

The second reason that I beg permission for mentioning is, that between MINERALS and VEGETABLES, there is the same difference subsisting as between the spirit of an impetuous horse, and the inactivity of a sluggish mule; the former of which, under the management of a good horseman, may by a timely effort remove you from a danger; while the latter, however spurred on, will be apt to leave you in the midst of it for want of sufficient power.

But what, in my humble opinion, may be alone enough to filence every objection against MINERALS is, that their operative tendency may be tamed or heightened at pleasure, by which means the effect they are

<sup>\*</sup> Than opium, what can be in itself a greater poison? and yet the most falutary effects are gathered from it.

calculated to produce, may be regulated to whatever degree the depending case may require. While this is indisputable of MINERALS, it is no less so of VEGETA-BLES, that they are wholly divested of any such advantage. The patient is under the necessity of yielding to their flow progress and tedious operation; and after a long waste of patience, to be left at the very point, if not at a worse, he was heard to complain of at the beginning. The cause of this too is to be easily conceived; for the disorder breeding poisons faster than the remedy applied can introduce antidores against, they foon are found to overcome it, and refift the method attempted to cure. And this is what can never happen to MINERALS, the powers of which, brought down at first even lower than the weakest vegetable. may, by degrees, be encreased to the pitch required, until the principles of the disease are effectually reached, overcome, and, at last, totally expelled from the to be discovered by experiments. Suppose a .. \* ybod

Hence too much censure cannot be passed on those who, in compliance with the prejudices and circumstances of the time, have thought fit to advertise their medicines as destitute either of mercury, antimony, orany other mineral or vegetable, which, for the day, may happen to be in difgrace; while, at the same time, they know these ingredients to be the very foundation of their medicine, and that they could not make them up without that portion of their receipts. They forget too, that there is no medicine of any note or efficacy, which does not carry with it it's particular characteristic, and that that characteristic will be always found out either by the smell, by the taste, by the effects, or by the trial they can be put to; and that a declaration, therefore, that fuch an ingredient does not form any of the component parts of such a medicine, is far from being enough to be credited. Thus, for instance, camphire, hemlock, and cinnamon may

<sup>\*</sup> It is to be questioned much, whether Dr. Hill's preparation of Water Dock ever performed a single cure.

be discovered by the smell, though good cassia indeed will very nearly give it the fame odor as the last; JALAP, besides it's well known purgative quality, will be easily found out by it's burning disagreeable taste in the throat; CANTHARIDES, by their occasioning a ftrangury in the urinary passage when the dose is pretty strong; and, if weaker, by it's producing a constant defire of making water, which foon brings on a diabetes. Thus pills made up of SUBLIMATE, if rubbed on filver, will stain it black, and MERCURY, if given in strong draughts, will particularly affect the mouth; though it ought to be observed, that many patients have been heard to complain of all the fymptoms \* found to affect the mouth after taking mercury, although no fort of medicine at all may have been used, a strong appearance of salivation being frequently owing to a mere scorbutic habit of the body.

But to return, and farther shew how ingredients are to be discovered by experiments. Suppose a medicine, for example, be composed of resins; as these are only to be dissolved in spirits, the pouring some of the composition into a glass of water will turn all into a milky white liquor; even a nutmeg, if powdered and insufed in spirit of wine, that insusion will produce the same effect as soon as mixed with water; so that those, any ways conversant with the materia medica, will never be at a loss to pronounce what are the chief articles of any medicine as to it's basis, though they will not, perhaps, be able to determine precisely as to the respective quantity of every individual ingre-

But this kind of falivation sometimes succeeds of it's own accord, instead of a crisis without mercury, in the declination of ill judged severs, and the humor to be excerned, sweating forth not only from the more open holes of the salival passages, but also from the little mouths of the arteries every where thick planted, daub over the cavity of the mouth with a whitish scurf.

WILLIS on the Scurvy.

dient, or the proportion they may bear to each other: And though Anti-mercurialists should find mercury to be in a medicine, there is no reason why it should be objected to; for since a very small matter, as I have before said, is sufficient to alter and correct the sub-limate in particular, so as to render it a safe remedy when administered even in double and treble the quantity, it surely results, that no reasonable censure can be passed on a composition, merely because it proves

to contain that ingredient.

Yet so general has been the pretended prejudice of late against it, that it is hardly possible to read the advertisement of any medicine, but the Public are assured that it is entirely void of MERCURY, ANTIMONY, or MINERALS, just as if there were no other poisons in the universe to protest against. What, in the name of reason, are cantharides, opium, and hemlock? What steel, lead, resin of jalap, scammony, hellebore, coloquintida, gambouge, and aloes? And what, in short, are the innumerable other forts of animals and vegetables that are regularly used in the very medicines which advertise a total prohibition of MERCURY and ANTIMONY, as well as in a number of preparations made up in the common course of practice by the shops? What else are these than actual poisons?

Tempted by Dr. MEAD's opinion, that cantharides were a certain cure for the Leprofy, I proceeded to the making feveral experiments, in order to determine the fact; but they were so far from answering my expectation, that I am almost led to wish this passage of the Doctor's entirely erazed from his works, the ingredient here spoken of being by no means endowed with fuch a virtue; or if it is, the rifk and danger which must attend the administering of it are such, as to far exceed what the laws of God or man allow, and what, indeed, no conscientious person can ever undertake. I have found, upon trial, that only half a drachm of CANTHARIDES is a sufficient quantity to impregnate a whole quart of spirit of wine, water, or any other liquid, with their powerful qualities; that a fingle single tea-spoonful of this tincture, taken three times a day, will occasion the relaxation I have mentioned; and that the infusion of it in water only, with or without a small addition of spirit, will act more powerfully than the dispensatory has prescribed even with all proof spirit alone. Therefore we must conclude cantharides to be a more dangerous posson than either mercury or antimony. Indeed, by such invectives against every ingredient made use of, were we to exclude, one after another, from the several medical compositions, all those which might now and then be exceptioned, we should find ourselves obliged to return to that period of ignorance, when disorders were deemed incurable.

That vegetables should obtain the opinion of those who are inexperienced and unverfed in the comparative analysis, by chymistry, of the virtues of these with those of the minerals, is not at all strange, nor to be wondered at. These lively productions of nature have every thing fore-catching in their favor: They are in themselves a wholesome eatable, in general, and the first, perhaps, as Moses relates, given to man before his fall; they are too the food of many clean and agreeable animals, and must, from the beginning of the world, have pre-possessed the mind of man by their pleasing prospect, by their variegated enamelling. of the fields, and by their having proved of quick and efficacious benefit in curing some light disorders, and especially those of the sea-scurvy. For these reafons, some have fancied them endowed with the same efficacy in cases of the land scurvy, where it is evident they can be but of little service.

And even here I think I may, without being accused or suspected of prejudice, strengthen this affertion by the fate of two vegetable medicines which, though in the hands of two rival proprietors, who, one would have thought, would have vied with each other in producing the best list of cures, is so evidently destitute of power and efficacy, that one of the contending parties, though backed by very substantial persons, soon sunk under the weight of expences; and

the other \*, now surviving their opponent, are obliged, in order to support their credit, to be beholden to poor and ill-authenticated cures for want of better fuccess. The case of Mr. ROBERT H-N, on which they plume themselves so much, having thought it of contequence enough to be re-published three years after it had been done with, is alone sufficient to justify me in the propriety of my charge; fince, upon enquiry, I found that in the cure alluded to the medicine had been administered between three and four years back; and the wife of the patient declared to me, that, during the whole time her husband used the faid fyrup, he was ordered to drink, and did effectually drink, a decoction of farfaparilla; a drug which alone, in many cases of no obstinate and inveterate kinds, will often of itself perfect a cure: whence, therefore, there remains a very natural and folid ground for a rational doubt, whether to the fyrup or to the farfaparilla the cure is to be ascribed? With such a want of cures +; it is wonderful how they can contend for an absolute and efficacious power in vegetables alone, and especially when there is an infection of the blood occasioned by fuch virulent diforders as the Scurvy, Leprofy, Ulcers, Gout, Rheumatism, &c. &c.

Could fuch vegetables, indeed, be found endowed with the virtues and powers requisite to perform complete cures of the above disorders, no one certainly

Messrs. S-y, and M-R.

<sup>†</sup> If they are in want of cures in scorbutic cases, they may, perhaps, have a plenty of venereal ones; for they seem to lay a great stress on the prodigious essicacy of their medicine in those matters. As for my part, I shall not attempt to contradict them on that head, with respect to the power or essicacy of that composition in those circumstances, never having been desirous to meddie with that fort of disorder, nor ambitious to render my medicine serviceable in it. So far from it, I consider it as a discredit to a medicine prepared, instituted, and proposed for other purposes, to be thought of embracing also in her virtues that of curing a disorder which might make a patient assumed of being caught in the using of it, for fear of being suspected of worse diseases than that for which he is in reality taking it.

would hesitate to give them the preference; but it is univerfally allowed that none such exist, or as yet, at least, are come to the knowledge of man. Till they are, why should we, therefore, neglect bringing to perfection a fure and fafe management of the minerals? And when we do employ them with a happy fucces, why should we be so ungrateful as to deny it? As for my part, far from being propense to make use of such pufillanimous practices, in order to enhance the fale of my medicine, by mustering up customers on false and delusive affertions, and at the expence, of course, of my veracity, my honor, and my good name, I have always made it a point, when asked the question, whether or not I made use of mercury or antimony in the composition of my medicine, candidly to answer in the affirmative, and to own that even BOTH these ingredients had conjointly their share in it. For a great while I tried vegetables alone, but could make with them but very little progress, and often a mere nothing at all, if the disorder was ever so little stubborn and inveterate; which proves the truth of SHAKE-SPEARE'S observation in HAMLET, that "desperate " diseases require desperate \* remedies, or none at all."

It was not before the last reformation of the Lonpon Dispensatory, that the vegetable juices were introduced in it for the first time, though they were already recorded, before that reformation, in the Edinburgh's and Bates's; and, in a Dispensatory printed at Nurenberg, Anno 1669, we find eight different prescriptions of anti-scorbutic waters, wherein brooklime, horse-radish, water-cresses, and several other ingredients, are mentioned as composing the chief part. The London Dispensatory gives the following prescription of vegetable juices under the name of succi

<sup>\*</sup> All our best remedies are desperate, for all our best remedies are poisons, or composed with poisons; and their salubrious qualities lie in, and are nothing but a rational, judicious, and properly proportioned introduction of them into our fabric. And I have thought it a favorable circumstance that physic should be unpleasant, otherwise people would be continually taking it.

fcorbutici, or scorbutic juices: Of the juice of garden scurvy-grass, two pints; brook-lime and water-cresses, each one pint; Seville oranges, a pint and a quarter. Edinburgh adds to the above, white sugar and compound horse-radish water. And the venders of the vegetable syrup add again to all this, dandelion, salt of tartar, and treacle, which, as must be supposed, is what they term an improvement. But whether this small and insignificant addition deserves that pompous denomination, the Public will pronounce.

A certain eminent Doctor, (though anonymous) who wrote on the Dispensatory, observes, "that the sugar "had by all means better be omitted, as it occasions a fermentation which, when the bottle is full, must be productive of it's slying to pieces; besides, that the sugar being sweet and glutinous by it's nature, is apt to clog the passages, and turn four \* in some stomachs: Therefore, that it is preferable to let those juices stand in a cool place for some days, till the sæces have all subsided, and then strain them gently several times, till perfectly sine, to be bottled for use in small phials, with a little oil poured on the surface, as is done with Florence wine."

From all this, there naturally arises the clearest conviction that vegetables can be but of little service in obdurate cases, when the disorder has impregnated the

<sup>\*</sup> The vegetable fyrup as fold, is one of the most nauseous medicines that can be given, and foon turns four: And I cannot fee how a medicine, unable to keep itself from decay, can preserve the human body from putrefaction. - Have we not every year in the fpring the vegetable juices fold in NEWGATE and COVENT GAR-DEN markets, fresh drawn every day? Were they so efficacious as they are faid to be, we should not find among the lower class of people so many victims to the ravages of the Scurvy as we meet with, who are true spectacles indeed, and objects of compassion. Antient physicians tried the vegetables, and were obliged to fly to minerals. But by over dofing them, and frequently bringing on a falivation, it often made them miscarry in their good intentions. They were then truly wild, untamed, and furious steeds, very dangerous to trust to cr meddle with; but now they may be faid to have at last taken the bit and received the curb, so that they are as mild, fleady, and tractable as could be wished for.

whole mass of the blood, and, in some measure, attered it's whole composition and quality. If so, where can there be found a remedy, unless in MINERALS, invested with such power to expel all the heterogeneous mixtures introduced in it, and restore it to it's primi-

tive purity?

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Now, to prove that MINERALS, and especially the t vo chief ones, against which the ignorant and the interested exclaim so much, are of the greatest and most effectual service in these cases, let us hear what Dr. Quincy says of them in such prescriptions of his Dispensatory as concern the Gout and Rheumatism, and in which he admits mercury and antimony. "It is by these," says he, "that many EMPIRICS have " got great fame, when persons of learning and judgment are backward in adventuring on things where " there is any hazard, though these by a skilful hand " CAN NEVER DO HARM: They are the basis of many " medicines that are now of great esteem in the most obstinate rheumatisms, &c." In another place, speaking of a strong mercurial preparation, he recommends small doses of it every day, and then adds: " If this method is complied with, inveterate cuta-" neous poxes, which refift falivations, and all other means at present in practice, may be radically cured, " as may also Lepras, habitual scorbutical eruptions, " and almost all disorders of the skin." And again, speaking of another medicine where antimony and mercury are united, he fays: "This medicine is highly " recommended by some, as being of the greatest ef-" ficacy in scorbutic and scrophulous cases; as also in " all glandular obstructions and many chronical cases, " out of the reach of common medicines; and it is " likewife faid to avail more than any other medicine " in cancerous humors and obdurate venereal cases." On the other antimonial preparation, he makes again this observation: "It is a most efficacious deobstruent, and therefore extremely useful in scrophulous, ob-" stinate scorbutic, and all such cases as arise from

"glandular obstructions." In short, at the occasion of another preparation of antimony, he makes this particular and striking remark: "Almost all the fore-"going preparations of antimony, how severe soever alone, may be so managed by the skilful hand, as "to operate little, or not at all, in the prima via, nor be perceived until they are got into the smaller vessels; and then it is that mighty things are effected, as the cure of the Gout, Pox, Evil, and all those diseases which are too much the Opprobria Medicorum." Thus it is this oracle of pharmacy speaks in many places, and in the highest terms, of the virtues of those two great medicines, (Mercury and antimony) either separately or blended together.

Dr. CHEYNE remarks, that MERCURY seems pointed out and impressed by the signature of the God of nature, for the cure, at least for the relief, of intelligent creatures, made miserable by diseases. Bellost tiles it the miracle of nature, and the greatest gift of

God in the whole materia medica.

Physicans

In Dr. Lewis's new Dispensatory, we find again the following passage: "The use of MERCURY in medicione seems to have been little known before the fifteenth century. The antients looked upon it as a corrosive posson, though of itself persectly void of acrimony, taste and smell: There are examples of it's having been lodged for years in cavities both of bones and sleshy parts, without it's having injured or affected them. Taken into the body in it's crude state, and undivided, it passes through the intestines unchanged, and has not been found to produce any considerable effect; but combined with mineral acids, it has a very powerful one, and asserted the most excellent remedies that we are acquainted with."

Dr. HUXHAM, in his Observation on Antimony, expresses himself thus, in speaking of a certain preparation of antimonial drink. "Now," says he, "in this liquid preparation the reguline part is a ready

" disfolved,

" diffolved, and most exquisitely attenuated, so that it passes into the blood with the utmost facility. It " should be moreover observed, that, in this form, " antimony may be given in the most agreeable manmer, without even being perceived, or creating any " more distaste than the wine it was made on: A st thing of some consequence truly, when we have to do with squeamish patients, particularly with chil-" dren, to whom it may be necessary to give repeated" " doles of the medicine." And a little farther he adds: "Should it be imagined that this medicine, being fo fafe and eafy, can have no great efficacy as " an alterative and diaphoretic, I answer, that as it is capable, in a proper dose, of irritating the stomach " and intestines so strongly, it cannot be supposed, even in very small doses, to lie inactive in the fanse guineous and lymphatic arteries; and both feems, 46 and eventually is, exceedingly well calculated to " stimulate and scour the whole vascular system: And se some such stimulas is very often Highly necessary " in the ultimate ramifications of the fanguineous, " ferous, and lymphatic arteries, where the MOTION 46 IS EXCEEDING SLOW, and where STAGNATION and " CONSEQUENT CORRUPTION OF THE SERUM AND LYMPH, ARE VERY APT TO GENERATE A PUTRID colluvies. By thus univerfally stimulating, therefore, not only the greatest but also the smallest veffels of the body, this medicine GREATLY TENDS " TO REMOVE all obstructions formed, or forming, even in the MINUTEST CANALS, and hence most fuc-" cessfully promotes the natural secretions and excreof tions, IN WHICH DULY PERFORMED, HEALTH ITSELF In obstinate RHEUMATISMS then, in CONSISTS. " cold scorbutic affections, in moist cutaneous diseases, in afthmatic, leucophlegmatic, and icteric difor-" ders; in old flubborn head-achs, the vertigo, epi-" lepfy, and mania, ANTIMONIALS are extremely " useful, and the vinum antimoniale in particular.

Thus have we subjoined to our own remarks and observations, the most unquestionable authorities from phylicians physicians of eminence and experience, and trust we have fufficiently established the unparalleled merits of those two excellent MINERALS, known by the names MERCURY and ANTIMONY. How far too they are adapted to the cure of the Scurvy, Gout, and Rheumatism, with their various concomitant cases, we submit to the reasoning here advanced in their behalf, but more particularly to the very distinguished success of their operations therein, on which the character of every medicine must stand. However, of this we venture to affure ourselves, that we have completely obviated every attempt made to prejudice those unacquainted with the virtue of drugs, and the nature of pharmaceutical preparations; and that we have fully demonstrated the vast inferiority of vegetables compared with minerals, as well as that nothing can be more efficacious and speedy than the latter, in giving the most desirable relief to the patient; whom we shall now leave to his own reflections, to determine on such methods as appear to him rational, in this intricate momentous concern, and tend to the recovery of his health. May be meet with the defired effect is the heart-felt defire of the author, who is conscious that he has directed his fellow travellers in the right road. so far as his knowledge, aided by experience, would permit.

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MINERAL my that be havened as feel and that to security the to establish to the special of the special material way earner and eveloped and and an a total come over them are come and and seemed down for the contract edgined in the curt . I wash war ( and and bringhe the with their various concumues of the we will co-reserved mind here severated an fall themselved one more as distinctly to the very advised backgrounds at their companies planted on which the character on source with the frequential and their substances the strained being the we have templetely obsame apply befored as sever soluming that for any to another all the south the desire at the nature of plus bond and half has an an analytic bond and to the second se ed of management as well as that coming can be green all and the state of the state of the state of the the roots and leading react to december a court of the first note that the placeter of the manual of different transfers, and A COLOR DE LA COLOR DE COLOR DE LA COLOR DE COLO regular and test to the remarks of the London sections and the state of the state of the state of the state of the enter a relative and a later than a set to be and the set of the book and a factor is my the contract of the page erference, really on half. for the second production with a consequence of The state of the s and the first property of the second second more than the same of the same end to grant from the contract of the the special property of the party of the second Account to the second of the s 108 1 to the second of the second of the second

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## CURES.

S Medicines of real efficacy can never be without the most satisfactory vouchers of their merit, the subsequent cases, being above fixty in number, are respectfully submitted, no less in testimony of the unrivalled reputation of the Anti-scorbutic Drops, than for the information of the afflicted, who will not fail, upon reading them, to meet with the most happy cures of disorders similar to their own; and it surely is not faying too much, that the benefit done to one may be experienced by another: However, thus far we venture to affert, that what follows here stands on fatts that have TRUTH, and TRUTH only, for their basis; not that they comprize the whole of the proof that might be adduced on the occasion; various services have probably been done by the use of these drops that have never reached our knowledge; many patients who have received the compleatest cures, from feelings of delicacy deny us the privilege of announcing them to the world; while another fort, and especially those of the fair sex, as will presently appear, willingly favor us with the nature of their complaint and progress of cure, but (what indeed would more effectually ftop the tongue of prejudice) choose to withhold the publication of their respective names and places of abode. Thus circumstanced, we beg leave to appeal to the candid, and to submit the following cases, not as the whole that might be given were patients equally communicative, but as sufficient to demonstrate that my medicine is, in it's extensive practice, rather superior than otherwise to the expectations that may be formed from the greatness of it's promises.

A

A Young

A young lady cured of a violent eruption caught by drinking cold water when overheated at a ball.

Young lady having over-heated herfelf with dancing, and drank fome cold water, was the next morning feized with a violent head-ach; this went off with proper applications, but in a few weeks after she broke out all over her body, and particularly in her face in great pimples; her apothecary had done what lay in his power; her body was better, but the humors feemed fettled in her face. She began with one large bottle, after taking of which the was neither better nor worfe that I could differn; but after the second the seemed better, the pimples were not so large nor fiery, which encouraged her to continue, until seven bottles gave her a complete cure without any outward application.

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An extraorof a rafh, occasioned by an excess of exercise.

A young lad, fixteen years of age, going into the country in the fummer, dinary case it being very sultry, by too violent exercise, over heated himself;\* a rath was the consequence; it came out in small white pimples, very thick, like the small pox, and not taking proper notice of it, it struck in. In about a year after his face came out with large bumps like boils, which were full of blood and white matter; these kept coming and going for five years, his body having little eruptions, which itched violently, and at last turned to a degree of the Leprofy, with white branny spots. He had tried physic of various forts, from different hands, to little purpose, being sometimes better and sometimes worse. I ordered him my Drops, with five bottles of which he recovered, though he continued to take them for a month after.

tion on the appetite of vy.

This person, as well as the foregoing, had a very good appetite, and, An observa- in general I find most young folks that have these scorbutic complaints, have a good stomach, and eat heartily. I have taken this opportunity to mention those subject it, because there are some that would persuade people, that in these cases there to the Scur- is hardly any appetite. Where people live fedentary lives, using but little exercise, their stomachs will not digest much food; and when it happens that thefe last get any disorder, it is apt to prey on the mind and sicken them; therefore it is no wonder they want an appetite; but in working people, and in general, it is otherwife.

A lady relieved from ulcerated legs.

A lady, who took litt'e other exercise than that of riding in her coach, and not having her health regularly, her legs began to swell, and sometime after broke out in fad fores, and were terri-ly ulcerated: she was blooded and purged fo much as to be brought very low. She was removed to another part of the country, to see what change of air would do; one part of her health the recovered, but these bad ulcets remained; the was for my drying them with outward applications, but on representing the danger, she complied with my advice: when she took one bottle she seemed worse; I recommended, however, another, adviting her to walk as far as her ftrength would allow. By this method the recovered in about three months, taking the Drops constantly.

A young from adread ful leptofy.

A young girl, ten years old, was cured of the Leprofy by these Drops; girl refcued her arms, legs, and head were terribly scabbed over; no sooner one was

> \* A certain ill effect of violent exercise, if continued too long, is the inspissation of the animal fluids, and the rendering them acrid and alkaline by mere heat; for the mufcular force being raifed to it's highest pitch, and continued so for some time, it cannot be conceived with what celerity the blood is pushed on, whereby the friction between the folids and fluids becomes encreased, and the heat of the body augmented so far beyond all moderation, as to throw off the serous matter in such quantities, as to leave the blood thick and viscous, which causes those violent itchings in the skin, arising from very small pimples, scarcely perceivable. Small diluting drinks should be given, in order to thin the blood, that the natural perspiration may be restored.

peeled off but another came; they, itched violently, and run very much. She was obliged to take eight large bottles before the was cured.

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A gentlewoman, of forty years of age, was fadly troubled with an in- A gentleflammation in her face for seven years, attended with great heat, and hard woman cured pimples that would not digest: she could scarce see out of her eyes. red of an in-After making use of various medicines, great quantity of diet drink, with in her face. lotions, drinking and bathing in falt water, and with other minerals and in her face. chalybeats, all to no purpole, the was cured by these Drops, and a decoction of the bark.

A captain's lady, most terribly afflicted, her arms from the elbows to the A very exwrift being almost one scab, her legs the same, only more corroded; her traordinary head full of fores, and her gums quite spongy and decayed from the teeth; scorbutic her back too had here and there a blotch, great weakness in the knees, the case. scabs rather darker at times, and when the drank any thing strong they heated and itched, so that the would scratch the places and lay them raw presently; it would easily give way, but would be soon covered again; the scales that came off were like those of a fish, and some as broad as a shilling: the infide of her ears were scurfy. She was greatly reduced when I faw her, and complained of pains like the rheumatic; she had been under a long course of trying many things, but did not keep to any one medicine, or one person long, for she expected miracles. I plainly told her that she must not expect to be cured in a day, and that unless she would be ruled, I would not have any thing to do with her; the promised fair, but was not over punctual the first bottle, but on taking the second she began to be used to the medicine, as it did not confine her; the third bottle mended her much, and the was quite well before her husband came from abroad. She drank fassafras tea for breakfast, and a decoction of elm bark towards the end.

When the got better the scabs began to break in the middle, or form An observaa shape like a crescent; in the middle it would be whole smooth skin, and tion on the almost all round it would be scurfy; and I have generally observed that these cure. fourfy eruptions mend and go away in this manner, and when quite well,

leave no scar behind, except of ulcers that have eat deeply in.

A young lady was inoculated for the small-pox, and got well over it to A young laall appearance, but that arm where the incision was made did not heal up, dy recovered and foon after broke out in running fores and spread itself; the other arm was infected, and the face like fo many boils; when one feemed to mend, breakinganother grew worse, till at length the child had no firength, and could not from an imbe moved without pain: she had been well physicked by the person who ine culated her, in hopes to carry off the humois. I gave her the drops in small of the small quantities at first, and so increased them, and ordered her to drink nothing pox. but a decoction of farfaparilla, with a little liquorice in it, and kept her upon this for fix weeks, then gave her the back in the room of the farfaparilla, with which the finished, and recovered in three months time: her thrength and appetite came by degrees about three weeks after the began taking the medicine.

out, ariting

A young woman in Spittalfields was afflicted with a scorbutic disorder: A remark-She had at first small pimples come out of her face, which soon grew to large able case. blotches, attended with a violent pain of the head at times; her body was fo fore that the could scarce bear her stays, or turn herself in bed. I ordered her the drops; and when the found her humors too hot, to drink a little water, with a small quantity of cream of tartar or nitre dissolved in it, sweetened

with fugar, and at night to drink warm a decoction of faffafras and farfaparilla the last thing. By these medicines she quickly recovered. She washed her fores sometimes with the decoction hot.

A fcorbutic

Another person was troubled with a scorbutic complaint; his arms and legs would come out in pimples, itch violently, and when he scratched them there would gush out a black grumous blood. He had worn a girdle for it, but found no service, so left it. I gave him some bottles of Drops, which he took, and foon got well.

A very bad fcurvy removed.

January 1, 1770. Mr. Thomas, of Spittalfields, had been many years afflicted with an inveterate scurvy; his legs had large blotches covered with scurf, that peeled off, and new ones came; his head was almost covered with scabs that stuck very hard, and were greatly inflamed; a humor ran from them that smelt strong, and his eyes were weak. By the use of these Drops, and a cooling regimen, he recovered his health, and at this time has not a spot to be seen.

A letter of thanks for the happy cure of a fcorbutic eruption.

Abingdon Street, Westminster, Feb. 3, 1770. As my complaint is peculiar, and the benefit I have received from your Drops had a furprizing effect in coring me, I am defirous it may be published for the benefit of the afflicted. I have been troubled with eruptions of a dry fourf over most parts of my body several years, a swelling in one of my legs, no pain, but a great itching and hard, attended with an uncommon lowness of spirit, and a great weakness and cold constitution. I tried many things, but to no purpose, after which I was recommended to your Drops; on the taking of three bottles, I found my weakness to abate, and my health to return gradually, and by continuing the use of your medicine I am perfectly cured. I am, Sir, with a heart full of gratitude, your well-wifner,

ELIZ. HOPKINS.

The removal of a leprous cafe, &c. ac-

Mr. Lofts, of Norwich, presents his respects to the Proprietor of the Universal Anti scorbutic Drops, and is obliged to him for his advice, particularly in regard to his child's mouth; and has the pleasure of acquainting him of the perfect recovery of his fon's diforder, by the constant use of his Drops. knowledged. His case: He was afflicted with the leprost, which first came out in spots, then pimples, which spread and turned into large scabs, sometimes dry, and sometimes must, a tended with a sever; the lips patched up, the gums eat away, and smelt very strong; every morning a white lea was upon them, which washed away; when she got better, the scurf came off, (as described in your book) and the humor gradually ceased, till the natural skin appeared. You have my leave to publish this. I am, Sir, your humble servant, L. LOFTS.\* January 15, 1700.

Greenwich, Feb. 9, 1770.

An obstinate fcurvy semedied.

I have for years past had an obstinate scurvy, which bassled the art of medicine from different hands; likewise the Bath water. Bathing in the sea produced no cure, for like the sea it ebbed and flowed. Hearing great praise of your medicine, I was induced to make trial of it; and a few bottles convinced me it was deserving of it; my spirits and appetite, which before were

\* The medicine prescribed for the gums when eaten away, as mentioned, with a corrosive matter, is very efficacious, and is as follows: Take tincture of myrrh and rose water one ounce of each, honey of roses four drams, elixir of vitriol fufficient to give it an agreeable acid; dip a feather, and touch the part four times a day. This gargle may be used for a fore mouth.

weak

weak, increased amazingly; my scorbutic blotches, which infected my face and body, began to disappear; my body is now regular, which before was costive; and by taking ten bottles I am restored almost to another person, to the surprize of all my acquaintance. Your obliged humble servant,

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S. CREECH.

Chelsea, June 23, 1771.

I have the pleasure to acquaint you, that my wife has received a perfect Another of cure of an inveterate scurvy by taking your excellent drops, and complying many years with your advice; as her complaint is so very common to the human frame, standing estit would be injustice in me to conceal it from the public. She had been securally troubled with slight eruptions on her skin from a child, on different parts of cured. The body, that did not last long at a time, but went and came as the year proved savourable. About eight years ago the disorder began to settle, and increased on several parts of the body, arms, legs, face, and the crown of her head, with a dry scurs, which came off, and then discharged a yellow corrosive matter, particularly those blotches on her logs, which heated and itched prodigiously; her complexion was yellow, her stomach could not digest her food, but was generally thrown up again with a sourness that set her

gest her food, but was generally thrown up again with a sourness that set her teeth on edge; no desire to stir about, but heaviness hung upon her, and when the sores on the head did not run, a head ach and dimness of sight generally attended, which went away again on a discharge of the humor. Such was her situation when she began to take your valuable medicine, with the third bottle of which she found an alteration, and by persevering in the use, but the hampiness to be restored to her health entirely and in free form

has had the happiness to be restored to her health entirely, and is free from those tiresome complaints. It is now sive months since she took any drops. I am, Sir, with great respect, your humble servant,

FLETCHER READEN.

I should be wanting in gratitude to you, and compassion to my fellow- A third sufferers, did I not make public the cure I have received by taking your va-gratefully luable medicine. Know, Sir, I have been afflicted upwards of seven years acknowwith eruptions on several parts of my body, like the leprosy, with branny ledged scurf which rubbed off easily, but came again with itchings, and at times ran and smelt very bad; likewise large pimples on my face full of matter. Hav-

fcurf which rubbed off easily, but came again with itchings, and at times ran and smelt very bad; likewise large pimples on my face full of matter. Having tried many things, I began to despair; but hearing so much faid in the praise of your drops, I ordered half a dozen, and found them exceed my hopes, and by continuing them am perfectly cured. I am, Sir, with much respect, your most humble servant,

ZACH. TOMKINS.

Edward Edwards, of Wither's Court, Whitecrofs Street, London, maketh oath, that he the faid deponent was afflicted with a scorbutic humor for several years past in his face, which occasioned his lips to swell to that bigness so as to distort his face, and prevent him from speaking plain; likewise, on his arms and other parts of his body, large bumps as hig as hazel nuts frequently came out with burning heat like are; after taking several things to no purpose. The said deponent also declares that he had heard of the great cures performed by the Universal Anti-scorbutic Drops, upon which he took one dozen of bottles, by the sole use of which he has obtained a perfect cure, and now remains in perfect health.

E. EDWARDS.

Sworn at the Guildhall of the City of London this 6th day of May, 1772, before me J. BIRD.

Ruthin, in Wales, Nov. 19, 1772. SIR.

A patient orders.

It was with great reluctance I could be persuaded to try your medicine, entirely re- (after I had taken so many in vain) though it came with a powerful recomlieved from mendation, viz. the cure of a friend. I was afflicted above eight years, a complica- thruggling with a complication of scorbutic disorders, bad digestion, an ultion of ob. cerated leg, frequently troubled with the piles, a fourf on the head and other ftinate dif- parts of the body, which scaled off like the leprofy, and sometimes itched so terribly, that I often scratched the place till it was raw; such was my condition when I began to take your drops. Wonderful indeed! After I had taken a few bottles I found an amazing difference, and by continuing them three months I was quite reftored to my health, and am now entirely free from those dreadful complaints. With pleasure I recommend them to the afflicted, and am, Sir, with gratitude, your most obliged humble servant,

O. HINSDEN.

A case of the scorbutic cancerous kind.

Litchfield, January, 1773. SIR, I had long laboured under a complaint of the scorbutic cancerous kind, which rendered my life burthensome, viz. several ulcers in my legs which had eaten very deep, a bad habit of body, frequently in a fever, accompanied with a feetid breath; on my head several fores, sometimes dry, other times moist, a great weariness by day, little or no rest by night, and that difturbed; my blood very hot, and itched violently, particularly in the winter season, as you have particularly described in your useful Treatise on the Scurvy, the reading of which first determined me to make use of your excellent medicine, by the use of which I gradually recovered, and am now in perfect health, entirely free from those complaints; it is now five months fince I left off taking the drops. In gratitude for your advice, and justice to your noble medicine, you have leave to publish this. I am, Sir, your humble fervant, EL. RIPPIN.

tic case.

SIR, Malden, in Effex, February 21, 1773. A remark- As a farther testimony of your drops, and a satisfaction to the public, I able scorbu- do hereby acknowledge the great benefit I have received by an easy, expeditious cure of an inveterate scorbutic leprosy, dispersed over several parts of my head and body in large blotches, attended with lowness of spirits, and an excessive itching, which smelt intolerably when the discharge was profuse. was afflicted several years, and at a prodigious expence, all to no purpose, but grew worse. On reading a remarkable case of fifteen years standing, cured by fix bottles, it determined me to try your medicine. Happily for me a few bottles allayed the itching, and my fores began to decrease: I continued, and by taking ten bottles am perfectly recovered, and now enjoy You have my leave to publish this, eny health. ANT. BENTON. I am, Sir, your ever obliged servant,

> Stow, in Gloucestersbire, June 1, 1773. What pleasure must it give me, (who has been severely afflicted with an inveterate scurvy over several parts of my body for several years) to acquaint you I am cured by taking of seven bottles of your valuable drops, after having tried many other medicines in vain. You have my leave to publish this. I am, Sir, your humble servant,

H. LEWINGTON.

SIR.

Likewise Mary Robinson, a maid-servant, at Goldsmith's coffee-house, London, was cured by four bottles of a bad surfeit, (caught by drinking cold water when the was hot) which broke out in yellow unlightly foots about her neck, and other bad symptoms.

By the recommendation of a friend, who was cured of a scorbutic complaint by two bottles of your Universal Anti-scorbutic Drops, I was induced a scorbutic to try them for an inveterate scurvy, which was as follows: For several years arm. I was afflicted with eruptions, which at last settled on my arm, and was so swelled, and in such a bad, painful, instanced condition, as to fear the loss of it. I applied to an eminent surgeon, but without relief; I then was a patient at the London Hospital, but could not get cured; the swelling was abated, but lest a fixed large liver-coloured place as broad as the palm of my hand above my wrist, which sometimes was so bad as to oblige me to leave my place at service. On taking five of the bottles, the large spots, and all others were entirely removed, and my skin quite smooth; and by taking three more I am persectly cured, and have not found the least return of my disorder. Any person calling at No. 22, Wood freet, Cheapside, may be fully satisfied of the truth and particulars. I am, Sir, your humble servant,

This is to certify, that I Thomas Roach, son of Patrick Roach, of the pa-A very exrish of Clonallon, in the county of Down, was afflicted for several years past traordinary with an obstinate scorbutic disorder all over my body and arms, for which I scorbutic had taken many medicines without finding any benefit, and from the viru-case. lence of the disorder had almost despaired of recovery; but being recommended to try your Universal Anti-scorbutic Drops, I sound six bottles of that valuable medicine produce a convincing proof of it's surprising efficacy, by compleating a cure to the association of every person that had seen the state of the disorder; it is now several months since I quitted taken the drops, and I have not found the least symptoms of it's returning. Given under my hand, October 29, 1773.

Witnesses-John Caulfield, merchant, and R. Stevenson, bookseller, in Newry, Ireland.

SH. BURDEN.

A few years ago I got a bad furfeit by drinking cold water when hot, An inflam-which soon broke out in an inflammatory rash on my arms and other parts of matory rash my body, which itched intolerably. Having tried various medicines, with removed, the assistance of one of the hospitals, all to no purpose, I heard of the extraordinary cures your Universal Drops had performed; I tried some of them, and happily for me, eight bottles cured me without trouble or pain. I am, Sir, with gratitude, your humble servant,

S. JACKSON. At Mr. Stockford's, No. 22, Gutter-lane, Cheapfide, London.

SIR, Turnmill fireet, January 10, 1774.

The kindness I have received at your hands, (in curing me of an invete- A lamentarate scorbutic disorder by your Universal Anti-scorbutic Drops, when I was ble scorbutic in the midst of despair, having tried many medicines in vain) demands the disorder partribute of a grateful acknowledgment; and for an encouragement to others, ticularly I will relate my case. I was afflicted near seven years, chiefly on my left stated. arm, from my elbow to the wrist, which formed a crust, and a continual scalding humor ran down to my singers ends, the same on my neck, a large place, which run to my waste, and itched so intolerably, that I scratched in my sleep to such a degree that I was frequently raw; my stomach was weak, and in so poor a state, that almost every day there came off half a pint of clear water, and continually drowsy; every one that knew me said I was in a deep consumption. After I had taken sour bottles my stomach was much strengthened,

ffrengthened, and I mended daily, and by continuing am perfectly reftored to my health, and free from all complaints, as hundreds in the neighbourhood can testify. I am, Sir, your humble servant,

W. TURLEY. Witnesfes-Mr. Evan's, at the Turk's Head, Turnmill-street, and Edward Harrison, Well street, Oxford Road.

SIR. London, March 5, 1774.

The efficacy fully difcure of a very desperate cafe.

If mankind in general were ready to communicate to the public the good of the drops effects they receive from medicines, many persons would be infinitely obliged to them, as they might be relieved (at a very small expence) from the most played in the dreadful complaints, as I have been, which induces me to defire you will publish mine, and which is as follows: About eight years ago a bad irritating humor broke out on my body, arms, and legs in small pimples, which itched intolerably, and kept growing worfe, fo that the humor got fo firong as to affect my eye-light, attended with a bad head-ach and a pimpled face, accompanied with a loft appetite and a fever: after having tried various medicines to little purpose, I was advised to try your Universal Anti-scorbutic Drops; after I had taken two bottles I found relief in my head and eyes, but the medicine then forced the humor out in a number of large boils on my body, some of which were as broad as a crown piece, and discharged a foul corrolive matter for feven weeks, and then healed up gradually. I continued taking the Drops, which created an appetite, and agreed with me very well, and purified my blood, that I am now entirely free from all complaints, having not taken more than eleven bottles. Any person calling at No. 5, Charing-cross, opposite Northumberland-house, shall be satisfied of the truth of the above. I am, Sir, your obliged humble fervant,

JOHN VALENTINE.

March 5, 1774.

A patient Mr. Sagoe, keeper of the toll at the obelifk, Blackfriars bridge, was very recovered by much afflicted with the Gout in his feet, but was fo much relieved by one one bottle five failling bottle, and a decoction of farfaparilla at night, that in a few from the days he was able to wear a common shoe, to the great surprize of all his Gout in his acquaintance.

An ulceralieved.

April 2, 1774. Thomas Granby, four years old, son of Mr. Granby, at No. 2, Britannia ted head re- Row, Lambeth, near Westminster bridge, was terribly afflicted with a bad ulcerated head, and other swellings and pimples on his body, but cured by two bottles only. After taking the first bottle the fores discharged a foul corrosive matter, which smelt intolerably, and then healed up gradually, as usual in those complaints.

This is to certify, that my daughter, of fourteen months old, was cured of a very bad (by one five shilling bottle of Spissbury's Anti-scorbutic Drops) of a very swelling on bad swelling on the ear, of several weeks standing, which run a foul matter, and the humor crept along the cheek with a white scurf, which peeled off and then came again. Witness my hand,

JOHN CRAWFORD. May 14, 1774 At the Cafile, near the Turnpike, Westminster-bridge, Surry

June 15, 1774. Mrs. Jane Stevenson, of Stamford, Lincoln, was troubled with the Scurvy attended with lowness of spirits, rheumatic pains, and loss of appetite, for near two years, was cured by five bottles. Witnesses, H. Stevenson, and William Royce, Bookseller of Stamford. SIR,

Sept. 4. 1774. I have the pleasure to acquaint you, that by taking of your valuable Drops, A remark-I am perfectly cured of an inveterate Scorbuic Humor, that had fettled at the able cure. lower part of my face for fifteen years; it was dreadful to look on, and too bad to be described, forming a crust all round my mouth, so bad sometimes that I could scarce open my mouth to take food in; it run very much, and when it was shaved off grew again in a night's time. I took several advertiled medicines, and had the best advice of the faculty, but found no relief; at last on being told what astonishing cures in various cases your medicine had performed, induced me to try them; and, to the surprize of myself and all my acquaintance, before I had taken fix bottles, I was entirely relieved from my mifery, and it has not shewed any figns of returning again. I defire you will

publish this that the afflicted may know where to find relief. R. BAKER,

Ivory Turner, in Red Lion Court, Grub Street, London.

October 8, 1774.

This is to certify, that I Abraham Geers, of Gray's Inn Lane, Holborn, A scorbutie London, have been afflicted for several years with an obstinate scorbutic dif- case attendorder, attended with great itching on my body and arms, for which I had ed with taken many medicines in vain; and from the malignancy and the continu. deafnels. ance of the complaint had despaired of relief, for the humor had caused a pain in my head, with deafness, for nine months, which rendered me incapable of my business; but by the bleffing of God, and taking ten small bottles of Spilsbury's Anti-scorbutic Drops, am perfectly cured of my deafness and the above disorders. Witnesses to the said cure,

Mr. G. Stevens, Tasb Street, Gray's Inn Lane, Mr. J. Cotter, in Fox Court, Gray's Inn Lane.

October 12, 1774.

Mrs. Church, at Mr. Allen's, in Old Tuttle Street, Westminster, afflicted A cure of terribly with the Rhenmatism near fourteen months, so as to deprive her of the rheuthe exercise of her limbs, and rest at night, by reason of the pain, accom- matism. panied with a fever, cured by thirteen small bottles of Spilsbury's Universal Anti-Icorbutic Drops.

Jean Read, servant to Mr. Cranfton, master of one of the city of Edin. An inveteburgh's schools, was grievously afflicted with a most inveterate scurvy, so that rate scurvy her whole body was almost covered over with a thick scurf, which came off effectually at times in large pieces, and immediately grew as thick as formerly; and relieved. having been informed of the happy effects of Spilfbury's Anti-scorbuitc Medicine, and that he was so charitable as to order Mr. Elliot to give it gratis to two patients that were not able to pay for it, application was made for her, and by the use of it alone, the is now perfectly cured of that disorder. And from gratitude to Mr. Spillbury, as also for the information of others who may labour under the like disorder, the defires this may be made public.

JAMES CRANSTON. Edinburgh, Dec. 10, 1774.

N. B. As a farther proof of the efficacy of these Drops in this country, any person calling at Mr. Elliot's, may have the perusal of letters from ieveral persons, who would not chuse to appear in print.

Newcastle, April 20, 1775.

A gentleman's maid-fervant in Newcastle upon Tyne, afflicted with the tracted by Scurvy, that her hands became fo much contracted as to difable her from the foury, working: and on applying to a gentlem in of the faculty, he told her the restored to

use by the taking of two bottles of drops.

had no remedy but keeping her hands from water; but hearing of the wonderful efficacy of SPILSBURY's Drops, the took only two of his hottles, which reftored her hands to their former thate, and the is now perfectly able to perform her work. The truth of this may be known by applying to Mr. SAINT, Printer of the Nezweaftle paper.

London, May 3, 1775.

An extraor-

I shall always think myself obliged to acknowledge the very great benefit dinary cure I have received by taking your Drops, which has had a happy effect, by of the gout relieving me from disorders that had reduced me to the lowest ebb. Although I made use of and took a multitude of prescriptions of some of the most eminent physicians in London, and likewife several bottles of an advertised medicine, and made three journeys to Margate without receiving any relief whatever, and was almost in despair of ever being cured, when happily I was advised to make a trial of your Drops, which have given me new life, though near fifty years of age, and have been upwards of five years most violently afflicted with the RHEUMATIC GOUT and SCURVY, which had enfeebled me to such a degree that I was not able to dress or undees myself for eight months at a time; but am now, thank God, happily reflored to my health and firength; and being very defirous that the public should know where to apply for relief in such cases as mine, (of which the faculty are as yet in the dark) I will do myself the pleasure to wait on any gentleman or lady, to give any further information required, and am, with the greatest respect, Sir, your most humble servant,

Harrow, Salisbury-court, Fleet-fireet.

J. KELLY.

Nine scorbutic holes in the leg healed up.

July 23, 1775. By taking five bottles of your Drops I am cured of nine holes in my right leg, after having advice and been at large expence with the faculty without fucces, until reading in the papers of the great cures your noble Drops had performed, which induced me to try them. You have my leave to publish

this. Witness my hand,

JANE TAYLOR,

Jarvis boufe, Sun Tavern Fields, St. George's in the East, London.

July 27, 1775.

Alfo a like I John Knight, thee maker, near the turnpike in Strood, Kent, was afflicted five years with a scorbutic humor in the hollow of my arms, almost the hollow round, and my houlders were covered with it, which was attended with of the arm. exceffive itching, and run a humor as clear as water, which fealded and corroded other parts, and stiffened my shirt like buckram, and the skin scaled off with white fourf and then came again, attended with a fever; I was scarcely able to do any work; my face was full of large pimples: In thort, my complaint was too bad to be described. By taking four small bottles of SPILSBURY's Drops, I found furprizing relief, and by continuing them, I am cured of these complaints-Any person may be satisfied of the truth by applying to me as above, or to Mr. Fifter, Bookfeller at Rechefter, who faw me in my miscrable condition, when I applied to him for the Drops.

JOHN KNIGHT.

August 10th, 1775.

Mr. Randal Dormond, of the 10th ward, Chelsea, afflicted fourteen years with the Gout and Rneumatism, often so bad as to deprive him of the use of his limbs, and after trying many medicines in vain, was cured by twelve targe bottles.

A tradefman

August 26, 1775.

A tradesman in the city of Peterborough, who had several holes in his legs, after having been at the falt water and found no benefit, was cured by taking fix bottles only of SPILSBURY's Drops. Winnels Mr. Horden, Bookseller, of Peterborough, Northampton.

September 5th, 1775.

Mrs. Elizabeth Forfler cured of a bal foury and other disagreeable complaints, by taking only ax bottles of SPILSBURY's Drops. Witness Mrs. Hall, No. 103, Beaufort buildings, London.

December 22, 1775.

Mrs. Mary Clay, afflicted with a lep: ofy on the arms and body: some of the ipots as broad as a half crown, which icaled off and then came again, cured by twenty small bottles. For particulars enquire at the Seven Stars, Bromley, near Bow. Middlefex.

January 2d, 1776.

Captain Millar, at No. 12, Dean freet, Shadwell, London, of the Mary, Ulcers in lately returned from Virginia reading Mrs. Taylor's cure of nine holes in her the legs releg by five bottles, tried these Drops, and is now cured, to the surprize of moved. himself and friends, by fix large bottles only, of one large ulcer, and two small ones in his leg, of five years standing, which had baffled all the efforts of the faculty.

February 4, 1776. SIR,

I suffered several years under the most violent Scurvy, which broke out A rather particularly in great sissures, with scurf on my hands, like the bank of a singular case tree, which not only rendered them a sad spectacle, but deprived me, in a of the great measure, of their use; and after having applied to several eminent scurvy. physicians in vain, (what is no less extraordinary than true) I was cured by taking only five small bottles of your Drops. I am, Sir, with respect, &c. MARY WEATHERHILL,

At Mrs. Underwood's, No. 8, Broad-fireet, Carnaby-market, London-

A Gentleman, far advanced in life, laboured under an inveterate Scurvy more than twenty eight years, by oblitudions, and at different times it From the caused a rheumatic Gour, great lassitude, wandering pains, scurvy, blotches, Chester eruptions, yellow and black jaundice, and other illness; he tried many in news-paper ternal and external Antifcorbutics, without effect; he is now tree, in ap- of Feb. 9, pearance of the feury and complaints, by taking, according to direction, 1776. SPILSBURY's Anti-!corbuic Drops. Any person may be satisfied of the truth of the fact, and the Gentleman's name, by applying to Mr. Pool, bookseller, in Chester.

I Henrietta Paterson, step daughter to William Gray, taylor in Edinburgh, A remarkaaged fixteet, years, have been troubled with a most inveterate scorbutic huble cure at mor in my seet for upwards of ten years, to such a degree, that one of them ble cure at broke out in large holes, and continued running and casting large scales like bark, notwithstanding the many applications of different medicines, by the most eminent physicians of this place, all without the least effect; till about nine months ago I was recommended to Mr. Elliot, to make trial of Mr. SPILSBURY'S Anti-scorbutic Drops, which I have used ever since, according, to Mr. Spilfbury's directions. I had not used two bottles before I began to

find the good effects of that medicine, which has continued daily to fuch a degree, that I am now quite recovered.

HENRIETTA PATERSON.

Any person doubting the truth of the above, may be fully satisfied, by applying to the faid H. Paterson, at my house in Law's Plain stone close, Canongate, Edinburgh.

Edinburgh, March 9, 1776.

WM. GRAY.

The above is likewise attested as a fact, by

John Carffairs, Surgeons, Edinburgh. George Wright, Thomas Matthew, Elders, College Kirk, Edinburgh. Robert Walker,

SIR, May 26, 1776.

For more than fix mon'hs I was not able to make any use of my hands, even to feed myself, or move my hat, through that most excruciating comcure of the plaint called the Gout, which had reduced me to the most languishing con-Gout by fix dition, and almost to death; and, being above seventy years old, I despaired bottles only of a remedy, when fortunately I was recommended to you by a lady of character, who advised me to make use of your Drops .- I had no sooner taken the first bottle but I got new life, and by fix large only, I found myself perfeelly cured (though it was in the hard froft) to my great fatisfaction, and furprize of all those who knew me.

My Wife, who had long been subject to violent rheumatic pains in both her arms, was also cured by two bottles of your valuable medicine: With pleasure and with gratitude we subscribe our names, and will satisfy any one concerning the particulars thereof, at the Wheat-sheaf, in Glanville street,

Rathbone place, St. Pancrafs, London.

THOMAS and MARGARET CORKRAN.

We Meffrs. John Chriftie, Minister in Carnwath, and Robert Wilson, of A remarka- Glengh, think it incumbent on us to acquaint the public, that we applied to the rheuma- Mr. Elliot, some months ago, for SPILSBURY's Anti scorbuic Drops, for a tism. poor wom in, the wife of James Wood, ploughman to the said Robert Wilson, which he was so kind as to give her gratis at our defire. She has now taken four bottles of the medicine, and is at present using the fitth, and is so far recovered that the can perform any ordinary work, and can now walk a good deal by the help of a flick, although the was afflicted to fuch a degree for three years and a half, with the Rheumatism, that she could not move hand or foot, and had not the least feeling, although she was rubbed to such a degree that they broke the fkin, yet the never was the least affected by it, por complained of any additional pain. I, the faid Robert Wiljon, do also attest, that I have been a good deal troubled with rheumatic pains in my knees for two years past; and seeing the good effects of the medicine on the above poor woman, I uled three bottles, and find myself much eased of the pain, only the cracking remains in my joints, as described in Mr. SPILSBURY'S printed directions.

Cleugh, July 24, 1776.

JOHN CHRISTIE, Minister, ROBERT WILSON.

The original certificate, wrote by Mr. Wilson's own hand, and figned by him and the Rev. Mr. Christie, with many certificates of a like nature, may be feen at Mr. Elliot's, Bookfeller, at Edinburgh.

July 27, 1776. In January, 1774, John Palmer, a shoe-maker, near fifty years of age, A dreadful now living at Mrs. Sango's Muffin-shop, in Grafton-fireet, St Ann's, Sobo, scorbutie London, was, by the advice, and at the expence of Mrs. Millar, of the case. Cock in the said Grafton fireet, brought to my Dispensary in a coach. He had been afflicted twelve years. His complaint began by a pain in the left arm, which foon broke out in large ulcers, and whence, during the course of cure by the Drops, two splinters were worked out. In his right thigh there were near forty running ulcers, some so large as would have contained a pigeon's egg, attended with a most feetid smell. Under his chin was a large ulcer. His face and mouth were both ulcerated. On his breaft there wa: a hole so large as to contain a pullet's egg. He had been in St. Bartho. lomew's Hospital fix weeks; one month an out-doors patient in St. George's; fix months in the Westminster Infirmary, and every where deemed incurable. -I gave him, then, the quantity of four seven shilling bottles of my Antiscorbutic Drops in one, from the use of which he was so far recovered as to be able to walk to my Dispensary and fetch a second dose, by which he got firength enough to work. Thus continuing, in nine months all the capital ulcers were healed, except one or two now found. Ever fince he has continued to take the Drops to this day. He has still however three or four small holes under the feat; otherwise he is very hearty and able to work.

The reader is requested not to trust to this mere affertion, but to enquire from the man himself, and his neighbours at the places above-mentioned. They will see the deep scars left behind the healed-up ulcers, and know more of the particulars of so extraordinary a case, too long for inserting more

minutely in this place.

On December 15, 1775, Margaret Maloon, fifty years of age, of the parish A cure of of St. George, Southwark, was recommended to my Dispensary by the the leprofy. Rev. Mr. Dyer, minister of that church, to be treated for a very violent secrebuse Leprofy, with which she had been afflicted two years.—Her case was that the whole trunk of her body, without excepting her head, arms, legs, &c. was covered with a scurf, that came off in large scales, which constantly renewed themselves as fast as they went, and were attended with so great an inflammation in the eyes of the patient, that she could not see.—The cure was completely performed by sourteen small bottles of my Antiscorbusic Drops; at the taking of the very second of which an amazing alteration was already sensible, and thus gradually increased till it was perfected by the above mentioned small number of bottles.—For more particulars enquire of Mr. Wedge, at the Angel, Angel court, in the Borough, Southwark.

October 15th, 1776.

Joseph Westley, serjeant of the 62d regiment, commanded by Captain Alb, Nine ulcers after having laboured for two years under a scorbutic habit of body, at in the right tended with nine ulcers in his right leg, which had bassed the skill of several leg cured by of the faculty, was perfectly cured by taking only five small bottles of Spilf sive small bury's Anti-scorbutic Drops.—For further particulars enquire at his quarbottles. ters, Mr. Millar's, the Castle, Lambeth Marsh, Surry; or of Serjeant Conolly, who introduced him to the Dispensary.

Captain Evans, in Pembroke, Wales, who (with many other respectable A gouty personages) has been so obliging as to give leave to Mr. SPILSBURY, cases. Chymist, of Mount Row, Westminster Bridge, Surry, to mention him as one to refer to, has received surprising benefit from the use of his excellent Anti-scorbutic

scorbutic Drops in the Gout; for whereas he used to be confined frequently with excruciating fits four months at a time, he now feldom has a fit above as many days. Other particulars may be known of Mr. Wilmot, hookfeller, in Pembroke.

February 5. 1777.

Mrs. Elizabeth Tucker, at No. 18, Red Lion Paffage, Red Lion Square, A cure of a London, was dreadfully afflicted for fifteen months, with a scorbutic Evil in fcorbutic evil by nine her left arm, mostly on the wrift, in which were seven deep corrosive ulcers, artended with weakness, pain, and swelling, so as to render the arm useless, tles. and to endanger amputation: After having tried the falt water and various medicines, by advice of the faculty, to no effect, was recommended, November 4, 1776, to SPILSBURY's Anti-scorbutic Drops, and by taking only nine bottles is perfectly cured. For further particulars enquire as above, or of the neighbours.

April 19, 1777.

Eleven holes in one leg healed up.

I have the pleasure to inform you, that your Drops have performed a most furprizing cure on the wife of Francis Mayes, of Mawborn, Huntingdonsbire, who had eleven holes in one leg. By taking fix small bottles they are all healed up, and the poor woman is able to go about her family affairs again. You cannot fay too much, Sir, respecting this very singular cure.

JOHN HORDEN, Bookseller, Peterborough, Northamptonshire.

Mr. F. C. Vernsbury, comedian, at Peterborough, was cured of a scorbutic disorder, which shewed itself of the leprous kind, by taking only three seven failling bottles of SPILSBURY's Drops. Enquire of Mr. Horden.

SIR,

July 13. 1777.

A fcorbutic case of e ghteen years standing.

About the month of December, 1758, I had for several weeks a most severe Fever, fucceeded by a violent scorbutic complaint, and have ever fince (eighteen years) had, at intervals, fore ulcered legs, for which I was treated by leveral of the faculty, but to no other purpole than a little temporary relief. The diforder grew fo violent that I became almost a cripple, and though I tried many advertised medicines, and conformed to diets, drinks, &c. I found no benefit. Very happily for me, I read a number of well at-telled similar cases cured by your Drops, which induced me to a trial. I began taking them in April, 1776, and having used seven or eight bottles, the violent itching in my blood began to abate, next the swellings in my legs went down, and the fores all healed up one after another, fo that by the bleffing of God, I was wholly freed from my long complaints by Christmas last, nor have I had the least symptom to this 10th day of July, 1777. I think myself bound in gratitude to give you my consent to publish this cure, by the Divine goodness effected on me by your Anti-scorbutic Drops.

JOHN GARDNER.

Attested by us: John Thompson. John Shribb, Surgeon, Bailiffs of the Corporation of Southwold, Suffolk. William Mewfe, Collector of the Customs, J. Robinson, Deal and Timber Merchant, John Hurrion, Diffenting Minister, William Cowling.

Jem A medinorie ad la via advisori i conce

N. B. The faid Mr. Gardner is a Joiner and Shopkeeper at Southwold, a port town twenty miles fouth of Yarmouth.

and or head and to awars outs tood July 27, 1777.

As another unquestionable proof, in addition to the many already given, A rheumaof the real goodness of SPILSBURY'S Anti-scorbuic Drops, Sarab Rance; tic case.
a servant lately in the samily of the Rev. Doctor Barford, Prebend of Canterbury, has done the Proprietor of this excellent Medicine the pleasure of
acquainting him, that she is now cured, by eight small bottles only, of a
rheumatic complaint which had, for a year and a half, rendered her scarce
able to dress or undress herself; and has also given him leave to refer those,
who wish for farther information, to her brother, Mr. John Rance, Pewterer, at No. 27, Ewer's street, Queen street, Southwark.

April 2, 1778

Mary Efdale, a young woman who had been for two years reduced to A very excruches, and twice discharged from St. Bartholomew's Hospital as incurable, traordinary was brought to SPILSBURY's Dispensary on the 2d of September, 1776, in a cure. coach, she could only go with crutches, had no less than seven ulcers on her breasts, arms, and hips, and was attended by two eminent physicians, when, notwithstanding the despondency of her case, (having during the cure above thirty splinters of bone worked out) by using the Drops till the May following, she obtained a happy recovery, nothing but the scars remaining, and is now able to walk with the assistance of a stick, of which any one may more particularly be informed, by applying to the said Mary Esdale, at Mr. Crost's Taylor, No. 2, Paved Alley, in Water Lane, near Blackfriars Bridge, London.

Milliam Turnbull, an apprentice to Mr. Kiteben, Turner, New George A pimpled Street, Christ Church, Surry, who had been sadly afflicted for ten years past face cured, with a pimpled sace, and several large biles spreading over his body, is also ready to certify, in justice to the Proprietor, the very pleasing cure he has found in nine small bottles only of the above well-experienced Drops.

SIR.

Mr. Richard Stock, gentleman, of Pilton, Somersetsbire, aged fixty, was A remarkatiolently afflicted, from July, 1757, to February, 1778, with a painful complaint in the stomach, attended with vomiting, loathing of food, &c. so that he could not retain it, for as soon as he had eat or drank any thing, it was immediately thrown up, accompanied with black foul matter of a tough glutinous confistence; for which complaint, having applied in vain to several gentlemen of the faculty in the neighbourhood for relief, was advised by a lady, who lived near, and had experienced amazing benefit by taking SPILS-BURY's Drops, to apply for some to Mr. James Cary, Bookseller and Vender, in Shepton Mallet, Somerset, and by taking only one Bottle sound great benefit, and by continuing to use them, so far restored him as to recover his appetite, and a better state of activity than he had experienced for many years, being naturally of a very corpulent scorbuic habit; and, what is extraordinary, had been above twenty years troubled with ulcerated legs; the above Drops reduced them considerably, so that he is able to walk better than he has been since it's soft breaking out, during which time it had cost him upwards of fifty pounds to no effect,

May 31, 1778. (Signed) RICHARD STOCK. Witness, William Orlidge, Richard Stock, jun.

This is to certify to the public, of an extraordinary cure performed by Mr. From the SPILSBURY's Drops, on Sarab, the daughter of James and Sarab Williams, Kentish aged thirteen, living opposite the fign of Crispin and Crispana, in the parish Gazette of of Stroud, near Rochester, in the county of Kent. She was afflicted with a Aug. 26th, terrible 1778.

terrible Leprofy, from the crown of her head to her feet, for seven years, attended with great heat, inching, and rupping humor in her legs, with blotches as large as the palm of her hands, which tealed off in white fourf, and then came again: the was to bad at one time, that her parents thought they mult get the child crutches. After having tried the Doctors in the neighbourhood in vain, Mr SPILSBURY's Drops were recommended, by the taking of which, in fifteen months she was cured, and is now, from a loathsome spectacle, in perfect health.

We who live in the parish of Stroud aforesaid, and know both parents and child, do with pleasure affert the same. Given under our hands, this 14th day

of August, 1778.

THOMAS HUDSON, JOHN M'COWAN, Church-Wardens. EDWARD FARTHING, RICHARD WEST, Overfeers. JOHN BOGHURST, THOMAS BOWES, Inhabitants.

Alfo Mr. Fifber, Bockfeller, of Rochefler, can affert the fame, who supplied the parents with the Drops.

October 17, 1778.

Mr. John Rolfe, Gent. of Loofe, near Maidflone, in Kent, has done the Proprietor the honor to permit his addiess to be mentioned to the public, as a tellimony of the efficacy of the above medicine, in eradicating a Scorbutic Sourfy Complaint by a few bottles only. For further particulars enquire as above, or of Mr. R. Walker, Bookfeller, in Maidstone.

A fcald head cured in a child.

October 27, 1778. Mrs. Beck, at Mr. Godfo's, Carpenter, at No 119, in Bermondfey Street, Southwark, London, returns her grateful acknowledgments to Mr. SPILS-BURY, Chymit, Mount Row, Westminster Bridge, Surry, for the cure her daughter, Rebecca Beck, aged four years fix months, has received by the use of fourteen small bottles of his Drops. She was afflicted for two years with an inveterare Scurvy from head to foot, attended with a continual running matter; but more particularly her head, which was crusted all over near half an inch thick with a hard Scab, and smelt very offensive . For further fatiftaction enquire as above.

\* To young children with fourfy breakings-out on the head, arms, face and vahous parts of the body, this medicine is excellently adapted. In such cases, unlike those that strike the humors in, and occasion fits, they never fail of producing the desired success, as numbers of parents can vouch in behalf of their tender offsprings, who have, to their inexpressible fatisfaction, happily experienced the truth of these affertions.

Some general reasoning in bedrops.

THESE truly efficacious DROPS, have long been received by the world as the first medicine for the Cure of the Scurery, Gout, Rheumatism, Indigestion, and their concomitant disorders, such as Ulcers, Leprofies, Humors after the Small half of the Pox or Measles, and all kinds of Nervous Complaints whatever. Every thing valuable, either in the animal, the mineral, or the vegetable world, has been from time to time collected to improve their virtue. With how happy a success, the cures they have performed, in a long course of experience, will best demonstrate. The superiority they hold, compared with all other medicines, either in point of case or number, are incontrovertibly established, their excellency being evidenced by a greater variety of certificates than produced by any one belides, and their operative qualities tuch, as to have frequently rendered a fingle bottle efficient in recent cales, and always

always sufficient in the most inveterate ones to have encouraged a continuance of them. It is this alone that can have induced a generous people to permit the Proprietor to advance these Drops to their pre'ent price, not less as an acknowledgment of their real value, than as a means of supporting him in the heavy charge of a Dispensary, which has raised him so high in the efteem of the Public, and enabled him to relieve, in the three last years only, above a Thousand Patients, under various afflictions.

These Drops are sold in flat square-mou'ded bottles, at Four Shillings, Seven Shillings, and One Guinea each, sealed with the emblem of Hope, and have the following inscription in a wave, viz. Fra. Spillbury, Proprietor of the Universal Anti-scorbutic Drops; and are sealed up in solio bills, with wrappers printed in red, signed Frs. Spilsbury, (containing an account of a great number of cures, to which the number of bottles is generally added) with the author's candid observations and advice on Diet, the Scurey, Gout, Rheumatism, Nervous Complaints, &c.

N. B. The usual compliment of One Guinea is expected with letters for advice, unless from the poor, who will be treated with the same indulgence. they have hitherto experienced, at the Dispensary, instituted in 1773, by Francis Spilfbury, Chymiff, at Mount-row, Wettmintter bridge, where the

Guinea Bottles are only fold.

The Drops are also to be had of the following persons in London:

By Mr. Wilkie, No. 71, St. Paul's | Mr. Etherington, No. 25, St. Paul's Church-yard Church-yard

Mr. Davenhill, No. 30, Cornhill Mr. Hall, No. 96, Strand

Mr. Rothwell, No. 47, New Bond Messes. Houghton and Valescure, at the Royal Exchange. ftreet

And at the following Places in the Country:

Aberdeen, by Thompson Alcefter, Clark Barnstaple, Murch Bath, Crutwell and Keene Birmingham, Savinney Birmingham, Pearfon Boston and Spility, Worley Braintree, Smithman Bridgewater, Cals
Briftol, Pine, Cocking and Nelson Bury, Rogers Barton, Harper Cambridge, Fletcher Canterbury, Simmonds and Smith Carmarthen, Morrift and Gray Today Chefter, Pool Colchefter, Harris allast at the ted Coventry, Bird and Piercy Chichester, Jaques
Dartlord, Sanham
Durham, Clifton Derby, Harrison 1 and attaches to Devizes, Burrough Doncafter Plumer is at anibulA " Edinburgh, Elliot tops incoders and Everham, Davis Server Contract, or a server

Exeter, Grig, Trueman, and Score Falmouth, Fox Froome, Hancock (11 100 ); Gainsborough, Dickenson Glasgow, Tait Gloucester, Raiker Guildford, Ruffell Godfton , Greams In all 1011 Gosport, Dawkins Gravefend, Dada Halifax, Binns Hawkhurlt, Hider Hereford, Pugh Holf, Simpson Ing wellone. Sorrel
Ipiwich, Shave and Punchard Kidderminster, Taylor Leominster, Davis Mil and de Lymington, Beeffon, .... Lincoln, Wood Lynn, Hollingworth 032, Lynn Regis, Canham Leiceffer, Gregory Leeds, Binns Lewes, Lee Liverpool, Gore and Williamson Maidstone, Walker and Mercer

Mancheller

Mancheffer, Harrop and Prefcot Mariborough, Harold Malden, Carter Milton, Shirley Monmouth, Lowen Newark, Allen and Tomlinfon Newcastle, Saint, Slack and Robson Newport, Isle of Wight, Wife Norwich, Croufe and Chafe Nottingham, Burbidge and Crefwell Northampton, Lacy Needham, Abbot Newcastle Under Line, Smith Oakingham, Crutwell Oxford, Jackjon Plymouth, Wallis Peterborough, Horden Pembroke, Wilmot Portfmouth, Breadbower Preston, Binns Reading, Carnan Rippon, Arnold Rochester, Fifter Rye, Hogben S . I foury, Collins and Johnson Sherborn, Goadby and Moreman Stamford, Howgrave and Harrot

Southampton, Baker and Ford Southwold, Gardener Shrewfbury, Wood, Shep'on Mallet, Carey Stockport, Plant Sudbury, More Taunton, Anderdon Tenderton, Hall Tewksbury. Harward Thetford, Warfon Tiverton, Parkboufe Tunbridge Wells, Sprainge Wakefield, Meggit Whitehaven, Ware and Son Wincheffer, Wilkes Worcester, Berrows Woodbidge, Loader York, Telleyman Yarmouth, Chichley Dublin, by James Hoey Kilkenny, Mrs. Finn Newry, Stevenson And in America at Antigua, Meares New York, Rivington Philadelphia, Memminger

Stamford, Howgrave and Harrot | | Quebec, Watts.

And by most Printers and Booksellers in the capital towns throughout Great Britain and Ireland, and wholesale by the only Proprietor Francis Spilsbury, who gives advice in the morning, and carefully attends to orders that are for the country; and insures them from Accidents.

The ensuing poetical Pieces, sent by anonymous Hands, it is hoped, will not be thought improperly added to the before-going Cases.

To Mr. SPILSBURY, Chymist, at his DISPENSARY, Mount Row, near Westminster Bridge, Surry, Proprietor of the Anti-Scorbutic Drops.

BLEST be the man, whose mental pow'rs impart,
Health to the body, gladness to the heart;
Whose friendly hand hath op'd a ready door.

From complicated ills to free the poor.
The Scurvy, fell difease! no more appalls!
Abash'd—difmay'd—the hydra monster

falls,
No more to rife: He yields the dubious

And with reluctance quits his deftin'd prey.

\* Alluding to the Author's most beneficial Dispensary, established in 1773, and ever fince supported at his own and sole Expence.

Pursue the plan, to dire disease a foe— Greatly alleviate each human woe. Fearless of slander, as a Quack enroll'd. Envy shall blush where'er thy Fame is told \*.

While Facts must show the candid of mankind,

(Whole reasonings are free and unconfin'd)

That not in Halls, or Colleges alone, Th' Æsculapian Art erects her throne: The Good Supreme his various blessings showe s

On mois-grown hamlets and the shepherd's bowers; Shews to the villager and rustic hind, Of dire effects the latent cause to find;

\* Alluding to the most aftonishing and best authenticated cures of the Gout, Scurvy, Rheumatism, Evil, Leprofy, Nervous Complaints, &c. &c.

Shews him what Science oft in vain ex- 1 plores,

For Nature's God points out her balmy

CANDIDUS.

### To Mr. SPILSBURY.

ERELY to praise what all mankind admire. Is but a glimmering of the Muse's fire;

But when with Justice she presumes to

fing,
And arm'd with Truth, she scorns the
Critic's sting;

Who views the theme where nervous Diction flows,

The spark celettial in his bosom glows: The well-wrote page each drooping heart will raife,

E'en learned Medicus the work must praife.

Where you with candor speak of Goldfmith's death.

Who through imprudence yielded up his breath;

Scawen's alarming end is likewife trac'd, The origin and progress rightly plac'd: The chemic art is treated with fuch care, We read with wonder-yet in knowledge fhare-

The various powers of Minerals; we fee Their Æsculapian aid display'd by thee; Poison, disarm'd, becomes a sov'reign

good, And all it's terrors are at length fubdu'd: You, like the Bee, extract relief for all; Difeafes now, like Dagon, proftrate fall.

A LOVER of true MERIT. Bath, Oct. 16, 1776.

#### To Mr. SPILSBURY.

The following lines are infcribed by a person who has been so happy as to experience, beyond expectation, the efficacy of his truly valuable Anti-scorbutic Drops, in the cure of a nervous scorbutic Gout.

ET laureat bards in statelier numbers fing, And penfion'd Mufes hail a fav'rite Kinga

Their New-Year Odes in loftier stanzas raife.

The tinfel'd fplendor of a Court to praise. Mine be the theme fair merit to pursue, To give to genius and to worth it's due: Alike to flatt'ry and chicane a foe, Fain would my numbers pay the debt I owe

To you, whose falutary art can give Relief to pain, and bid the wretched live; For what is life, when tortur'd with difeafe?

Or what is wealth, when nought can give us ease ?-

Oh may each circling year new pleafures bring,

And crown with bleffings each returning fpring;

For sich and poor thy friendly aid receive, And mortals, fore afflicted, cease to grieve.

York, Jan. 19, 1777.

## To Mr. SPILSBURY. By a LADY.

REED now from pain, with spirits H light as air,

Returning health, dispelling ev'ry care, Fresh vigor now the grateful Mind infpires.

And Fancy glows with warm poetic fires! Health! chiefest bleffing of the Good 5 preme,

The cordial draught that animates the theme

To fing his praise-first to whom tribute's due,

And whilft the thanks the donor-thinks of you!

You, the dispenser-whose effectual ik'll

Is the benevolent agent of his will! His bounteous will to you enjoin'd the

To heal the rich - the poor need only afk

Relief from fell disease, and racking pain;

But Oh! the joy to give - transcends the blits they gain !

Taunton, Fet . 1 , 1777.

## P O S T (SuC) R I P T.

# A remarkable Case submitted to the Public.

Addit REVNOLDS, fainfler, after being turned out of the Hospital as incurable, came to my Dispensary, August 10, 1778, laboring under a most deplorable scorbusic Deprosy for near three years on different parts of her body; her left arm and hand were more immediately affected, covered over with a thick (tally crustaceous matter, which (though wrapt up in linen) smelt into-terably offensive, and had deprived her of the use of the joint at the alhow, and also her singers, which were much swelled, and glued together by the foul humor, so that she was not able to dress andress herself; Also, by reason of the pairs and uneasiness of mind, could not rest either day of night. Such was her case when she applied; in taking the suff bottle she found some relief; in a month she recovered the use of her joints; and, by continuing the Brops until the latter and of November, her health was (to the smazement of all who knew ster) so perfectly established, as to ena-

FRANCIS SPILSBURY

WITNESSES to this remarkable CURE,

hie her then to take a cook's place in a creditable family.

Mr. C. LONSDALB, Tinman,

Mr. J. GAY, Cheesemonger, in Tyler Street, Carnaby Market, London.

# NOTICE to the PUBLIC, from the LONDON PAPERS.

As there is no established subscription to support the expences of the Dispensary. I find it incumbent on me to alter the present general mode, and will only admit ten patients weekly, on each list, after May 1, 1779.—Also, that the price of the Drops will be advanced.—Timely information, with the particulars, will be given in the course of this year. The superior estimates of this medicine is eminently displayed in the honorable attestations annexed to the various cures, performed by a lesser number of bottles, in desperate cases, than any other person in the same track has produced: To this I beg leave to add, that I have not, in one instance, resuled compliance to the solicitations of the Poon, or others in their behalf, either in town or country, which, I trust, will plead as an apology on this occasion.

F. SPILSBURY,
Jan. 9, 1779 L Chymist, Mount Row, Westminster Bridge, Surry.